



ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Smoky Red Pepper Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Red Onion



1 | 2
Lime



1 | 2
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Tex-Mex Paste



¼ oz | ¼ oz
Cilantro



4 oz | 8 oz
Shredded Red Cabbage



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



6 | 12
Flour Tortillas
Contains: Soy, Wheat



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk



2 TBSP | 4 TBSP
Smoky Red Pepper Crema
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Beef**

Calories: 1230



10 oz | 20 oz
Ground Turkey

Calories: 1090



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 850



HELLO

SMASHED BLACK BEANS

Beans are simmered with a bounty of spices, then mashed until smooth for a hearty taco filling.

TOP-NOTCH 'TILLAS

In step 4, we instruct you to warm your tortillas in the microwave. If you have a few extra minutes, however, you can char your tortillas over the flames of your gas stove for smoky, fire-touched flavor and a crispier texture. Using tongs and working one at a time, place tortillas directly on the burner until lightly charred on both sides.

BUST OUT

- Small bowl
 - Plastic wrap
 - Large pan
 - Potato masher
 - Large bowl
 - Paper towels
 - Kosher salt
 - Black pepper
 - Sugar (1/4 tsp | 1/2 tsp)
 - Cooking oil (1 tsp | 1 tsp) Ⓢ Ⓞ
 - Olive oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

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Ⓢ *Ground Beef is fully cooked when internal temperature reaches 160°.

Ⓞ *Ground Turkey is fully cooked when internal temperature reaches 165°.



1 PICKLE ONION

- **Wash and dry produce.**
- Halve, peel, and thinly slice **half the onion (all for 4 servings)**. Quarter **lime**.
- In a small microwave-safe bowl, combine **1/4 of the sliced onion, juice from half the lime, 1/4 tsp sugar (1/2 tsp for 4), and a pinch of salt and pepper**; cover with plastic wrap. Microwave until bright pink, 30-45 seconds.

- Ⓢ Heat a **drizzle of oil** in a large pan over medium-high heat.
- Ⓞ Add **beef* or turkey***; season with **salt and pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 MAKE SLAW

- While beans cook, roughly chop **cilantro**.
- In a large bowl, combine **cabbage, mayonnaise**, half the **cilantro**, and a **squeeze of lime juice** to taste. Season with **salt and pepper**.



2 COOK & SMASH BEANS

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **remaining sliced onion** and cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes.
- Stir in **beans and their liquid, Southwest Spice Blend, and Tex-Mex paste**. Season with **salt and pepper**. Bring to a simmer and cook until liquid has thickened, 4-6 minutes.
- Using a potato masher or fork, mash beans until mostly smooth.
- Remove pan from heat and stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted.

Ⓢ Use pan used for beef or turkey here.



4 FINISH & SERVE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with **smashed beans, Monterey Jack, slaw, smoky red pepper crema, pickled onion (draining first), and remaining cilantro**. Serve with any **remaining lime wedges** on the side.

Ⓢ Fill **tortillas** with **beef** or **turkey**.

