

INGREDIENTS

2 PERSON | 4 PERSON







Scallions

1 2 Long Green Pepper



1 TBSP | 2 TBSP Southwest Spice Blend



6 | 12 Flour Tortillas Contains: Soy, Wheat



1/2 Cup | 1 Cup Pepper Jack Cheese Contains: Milk

1 2

Black Beans



4 TBSP | 8 TBSP Guacamole



3 TBSP | 6 TBSP Sour Cream 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 packagerest 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 6 Chopped Chicken

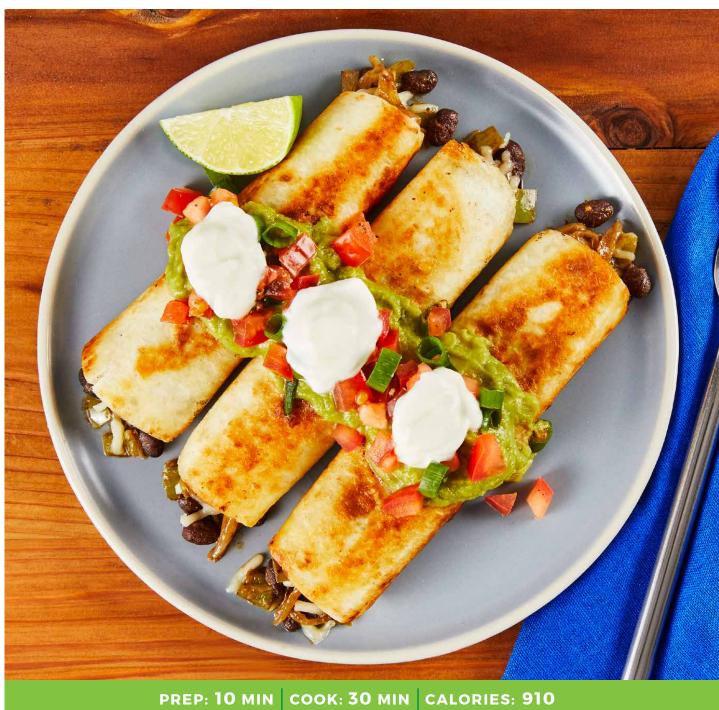


G Calories: 1090

Calories: 1270

BLACK BEAN & GREEN PEPPER FLAUTAS

with Guacamole, Pico de Gallo & Sour Cream





HELLO

MASHED BLACK BEANS

Beans are simmered, then mashed until smooth to make a silky base for the savory filling.

SEW SMART

Weave a toothpick into the seam of each tortilla (like a safety pin) to secure flautas. Be sure to remove before eating!

BUST OUT

- Strainer
- Small pot
- 2 Small bowls Potato masher
- Large pan
- Paper towels §
- Kosher salt
- · Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

> (646) 846-3663 HelloFresh.com

- (a) *Chicken is fully cooked when internal temperature
- *Ground Beef is fully cooked when internal temperature



1 PREP & MAKE PICO

- · Wash and dry produce.
- Finely dice **tomato**. Trim and thinly slice **scallions**. Halve **lime**. Halve, peel, and thinly slice onion. Core. deseed. and cut green pepper into 1/2-inch pieces. Drain beans over a small bowl, reserving liquid.
- In a separate small bowl, combine tomato, scallions, a big squeeze of lime juice, and a drizzle of olive oil. Season with salt and pepper.



2 COOK FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add onion and green pepper; cook, stirring occasionally, until just softened, 5-6 minutes.
- Add Southwest Spice Blend and half the beans (you'll use the rest in the next step). Cook, stirring, until fragrant and warmed through, 2-3 minutes. Season with salt and pepper. Remove from heat.
- Pat chicken* dry with paper towels. Add chicken or beef* to pan along with **onion** and **green pepper**; cook, stirring frequently, until meat is cooked through and veggies are softened, 4-6 minutes. Cook through the rest of the step as instructed.



- Meanwhile, heat a drizzle of oil in a small pot over medium-high heat. Add remaining beans and cook, stirring, until slightly softened, 2-3 minutes.
- Add ¼ cup reserved bean liquid (½ cup for 4 servings). Simmer until warmed through, 1-2 minutes.
- Reduce heat to low and stir in 1 TBSP butter until melted.
- Remove pot from heat; mash beans until mostly smooth. Season with plenty of salt and pepper.



4 ASSEMBLE FLAUTAS

- Spread tortillas with mashed beans. Place a small amount of filling on one half of each tortilla, then sprinkle with pepper jack.
- Roll up tortillas, starting with filled sides, to create flautas. Place, seam sides down, on a plate or work surface.
- · Wash out pan.



5 COOK FLAUTAS

• Heat a large drizzle of oil in same pan over medium-high heat. Add flautas. seam sides down. Cook, turning carefully so they stay intact, until golden brown and crispy, 1-2 minutes per side. TIP: Work in batches if necessary and watch carefully to avoid burning.



6 SERVE

• Divide **flautas** between plates and top with quacamole, pico de gallo, and sour cream. (Alternatively, serve with toppings on the side for dipping.) Cut remaining lime half into wedges and serve on the side.