



ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Red Pepper Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Red Onion



1 | 1
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
Chopped Chicken Breast

Calories: 1040



10 oz | 20 oz
Ground Beef**

Calories: 1220



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



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

CHARRED, I'M SURE

If you have a few extra minutes, char your tortillas in a hot, dry pan for 1-2 minutes to add smoky, fire-kissed flavor.

BUST OUT

- Small bowl
- Potato masher
- Plastic wrap
- Large bowl
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Sugar (¼ tsp | ½ tsp)
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp) Ⓢ Ⓞ
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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Ⓢ *Chicken is fully cooked when internal temperature reaches 165°.

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



1 PICKLE ONION

- **Wash and dry produce.**
- Halve, peel, and thinly slice **half the onion** (whole onion for 4 servings). Quarter **lime**.
- In a small microwave-safe bowl, combine ¼ of the sliced onion, **juice from half the lime**, ¼ tsp **sugar** (½ tsp for 4), and a **pinch of salt and pepper**. Cover with plastic wrap; microwave until bright pink, 30-45 seconds. Set aside.

- Ⓢ Pat **chicken*** dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **beef*** and season with **salt** and **pepper**. Cook, stirring frequently, 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**; 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 chicken or beef 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.

- Ⓢ Add **chicken** or **beef** to **tortillas** along with **smashed beans**.

