



VEGAN SWEET POTATO, BLACK BEAN & KALE TACOS

with Crispy Fried Onions, Lime Drizzle & Guacamole

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



1 | 2

Lime



4 oz | 8 oz

Kale



1 | 2

Black Beans



1 TBSP | 2 TBSP

Mexican Spice Blend



2 | 4

Mushroom Stock Concentrates



1 tsp | 2 tsp

Garlic Powder



2 TBSP | 4 TBSP

Vegan Mayonnaise



6 | 12

Flour Tortillas
Contains: Soy, Wheat



4 TBSP | 8 TBSP

Guacamole



1 | 2

Crispy Fried Onions
Contains: Wheat



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



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: 1180



10 oz | 20 oz

Ground Turkey

Calories: 1220



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 990



HELLO

CRISPY FRIED ONIONS

They're crispy, they're fried, and all you have to do is sprinkle them on a taco to unleash their powers!

BEST OF THE ZEST

We like using a microplane for zesting, but if you don't have one, use a peeler to remove the surface layer, then mince it.

BUST OUT

- Peeler
 - Baking sheet
 - Can opener
 - Large pan
 - Strainer
 - Small bowl
 - Large bowl
 - Paper towels
 - Zester
-
- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 3 tsp) (1 tsp | 1 tsp) 🇺🇸 🇨🇦

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1 PREP

- Adjust rack to top position and preheat oven to 425. **Wash and dry produce.**
- Peel and quarter **sweet potatoes** lengthwise; cut into ½-inch-thick quarter-moons. Remove and discard any large stems from **kale**; chop into bite-size pieces. Drain and rinse **beans**; transfer to a large bowl and mash about half the beans, leaving some whole. Zest and quarter **lime**.

- 🇺🇸 Open package of **chicken*** and drain off excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey*** 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.



4 MAKE LIME DRIZZLE

- While veggies cook, in a small bowl, combine **mayonnaise** with **juice from one lime wedge (two wedges for 4 servings)** and as much **lime zest** as you like.



2 ROAST SWEET POTATOES

- Toss **sweet potatoes** on a baking sheet with a **drizzle of oil**, **half the Mexican Spice Blend (you'll use the rest in the next step)**, and a **pinch of salt and pepper**. Roast on top rack until browned and tender, 18-20 minutes.



5 WARM TORTILLAS

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, about 30 seconds.



3 COOK VEGGIES

- Meanwhile, heat a **drizzle of oil** in a large pan (for 4 servings, work in two batches or use two large pans) over medium-high heat. Add **kale**, **beans**, **stock concentrates**, **garlic powder**, **remaining Mexican Spice Blend**, and **¼ cup water (½ cup for 4)**. Cook, stirring occasionally, until liquid has slightly reduced and kale is wilted, 3-5 minutes.
- Remove from heat; stir in **juice from one lime wedge (two wedges for 4)**. Season with a **pinch of salt and pepper** to taste.

- 🇺🇸 Use pan used for chicken or turkey here. Once kale is wilted, stir in **chicken** or **turkey** along with **lime juice**.



6 FINISH & SERVE

- Spread a **thin layer of guacamole** on **tortillas**. Fill with **kale and bean mixture** and **sweet potatoes**. Spoon **lime drizzle** over top and garnish with **crispy fried onions**.
- Divide **tacos** between plates and serve with **remaining lime wedges** on the side.

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

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