



BBQ BLACK BEAN & MOZZ LETTUCE WRAPS

with Pineapple Salsa & Crispy Onions

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Pineapple



1 | 2
Red Onion



1 | 2
Long Green
Pepper



1 | 2
Baby Lettuce



5 tsp | 5 tsp
Red Wine Vinegar



1 | 2
Black Beans



4 TBSP | 8 TBSP
BBQ Sauce



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



1 | 2
Crispy Fried Onions
Contains: Wheat



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HelloCustom

2 PERSON | 4 PERSON

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10 oz | 20 oz
Chopped Chicken
Breast

Calories: 780



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 580



HELLO

LETTUCE WRAPS

Romaine leaves are perfect for cradling hearty beans and veggies.

EVEN STEVEN

Be sure to slice your onion and pepper thinly and evenly for better all-over browning.

BUST OUT

- Strainer
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)
- Large pan
- Potato masher

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1 PREP

- Wash and dry produce.
- Drain **pineapple**. Halve, peel, and thinly slice **onion**; mince a few slices until you have 1 TBSP (2 TBSP for 4 servings). Core, deseed, and thinly slice **green pepper** into strips. Trim root end from **lettuce**; separate leaves.



3 COOK FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **sliced onion** and **green pepper**; cook, stirring occasionally, until slightly softened, 3-5 minutes.
- Meanwhile, drain **beans**. Once **veggies** are slightly softened, push to one side of pan; add beans and **BBQ sauce** to empty side. Mash half the beans using a potato masher or fork until creamy.
- Stir beans and veggies to combine. Add a **splash of water** and season with **salt** and **pepper**. Cook, stirring, until sauce has thickened and veggies are tender, 2-3 minutes more.

Use pan used for chicken here.



2 MAKE SALSA

- In a small bowl, combine **drained pineapple**, **minced onion**, and **half the vinegar** (all for 4 servings). Season with **salt** and **pepper**.

- Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



4 SERVE

- Divide **lettuce leaves** between plates. Fill with **bean filling**, **mozzarella**, and **pineapple salsa**. Top with **crispy fried onions**; serve.

- Fill with **chicken** along with **bean filling**.

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