



# TEX-MEX TURKEY & BLACK BEAN FLAUTAS

with Pickled Onion, Tomato & Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Red Onion



1 | 2

Tomato



1 | 2

Black Beans



10 oz | 20 oz  
Ground Turkey



1 | 2  
Tex-Mex Paste



5 tsp | 10 tsp  
White Wine  
Vinegar



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



3 TBSP | 6 TBSP  
Crema  
Contains: Milk



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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

2 PERSON | 4 PERSON

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: 970



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 830



HELLO

## FLAUTAS

These rolled tacos are baked (not fried) for a crispy, golden exterior straight from the oven.

### PUT A PIN IN IT

Weave a toothpick lengthwise into the seam of each rolled tortilla (like a safety pin) to secure the flautas' shape while they bake. Be sure to remove the toothpicks before serving!

### BUST OUT

- Baking sheet
- Aluminum foil
- Can opener
- Strainer
- Large pan
- Small bowl
- Plastic wrap
- Kosher salt
- Black pepper
- Nonstick cooking spray
- Cooking oil (2 tsp | 2 tsp)
- Sugar (¼ tsp | ½ tsp)

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### 1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. Line a baking sheet with foil and coat with **nonstick cooking spray**. **Wash and dry produce.**
- Halve, peel, and very thinly slice **onion**; mince a few slices until you have 2 TBSP (4 TBSP for 4 servings). Drain and rinse **beans**. Dice **tomato** into ¼-inch pieces.



### 4 ASSEMBLE & BAKE

- When turkey filling is done, coat **tortillas** with a **drizzle of oil** (brush or rub to completely coat on both sides).
- Place tortillas on a clean work surface. Add about **2 TBSP turkey filling** to bottom half of each tortilla. (Save the rest of the filling for serving.)
- Roll up tortillas, starting with filled sides, to create **flautas**. Place, seam sides down, on prepared sheet. **TIP: Arranging your flautas snug on the sheet can help keep them from unrolling.**
- Bake on middle rack until golden brown and crispy, 8-12 minutes.



### 2 MAKE TURKEY FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **minced onion**; cook, stirring constantly, until translucent, 1-2 minutes.
- Stir in **turkey\*** and **drained beans**; cook, breaking up meat into pieces, until meat is browned and onion is softened, 4-6 minutes.
- Stir in **Tex-Mex paste** and ½ cup water (1 cup for 4 servings); simmer until mixture has thickened and turkey is cooked through, 1-2 minutes more.
- Taste and season with **salt** and **pepper** if desired.

↻ Swap in **beef\*** for turkey.



### 5 FINISH PICKLED ONION

- Meanwhile, drain **pickled onion**. Stir in **tomato**; taste and season with **salt** and **pepper** if desired.



### 3 START PICKLED ONION

- While turkey cooks, in a small microwave-safe bowl, combine **sliced onion**, **vinegar**, ¼ tsp sugar (½ tsp for 4 servings), and a **pinch of salt**. Cover with plastic wrap and microwave for 1 minute.
- Set aside to pickle, stirring occasionally, until ready to use in Step 5.



### 6 SERVE

- Divide **flautas** between plates. Top with **remaining turkey filling** and garnish with **pickled onion and tomato**. Drizzle with **crema** and serve.

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

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