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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.



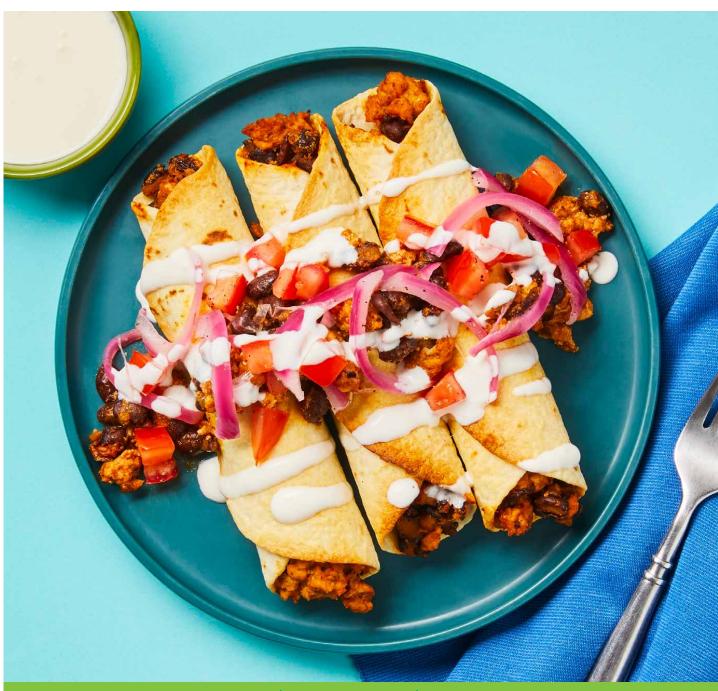
#### 2 PERSON | 4 PERSON

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



# **TEX-MEX TURKEY & BLACK BEAN FLAUTAS**

with Pickled Onion, Tomato & Crema



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

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

S<sup>•</sup>Cround Beef is fully cooked when internal temperature reaches 160°.



#### 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.



## 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.



## **3 START PICKLED ONION**

- While turkey cooks, in a small microwavesafe 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.



### 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.



## **5 FINISH PICKLED ONION**

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



#### 6 SERVE

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