



PLANT-BASED PROTEIN ENCHILADAS VERDES

with Green Pepper, Black Beans & Monterey Jack

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Long Green Pepper



1 | 2
Tomato



2 | 4
Scallions



1 | 2
Chili Pepper



8 oz | 16 oz
Tex-Mex Plant-Based Protein



1 | 2
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



6 | 12
Flour Tortillas
Contains: Soy, Wheat



7.06 oz | 14.12 oz
Green Salsa



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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



HELLO

SALSA VERDE

This tomatillo-based topping adds bright, tangy flavor.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1020



HELLO FRESH

RED HOT CHILI PEPPER

Don't let its size fool you: Our little chili pepper packs a punch! Add as much or as little as you like. You're the chef!

BUST OUT

- Strainer
- Small pot
- 2 Small bowls
- Potato masher
- Large pan
- Baking dish
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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*Plant-based protein is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 475 degrees. **Wash and dry produce.**
- Core, deseed, and dice **green pepper**. Finely dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens. Thinly slice **chili**.
- Drain **beans** over a small bowl, reserving **liquid**.



4 MASH BEANS

- Heat a **large drizzle of oil** in a small pot over medium-high heat. Add **remaining beans** and cook, stirring, until slightly softened, 2-3 minutes.
- Add **3 TBSP reserved bean liquid** (1/3 cup for 4 servings). (You may have some bean liquid left over.) Simmer until warmed through, 1-2 minutes.
- Reduce heat to low and stir in **1 TBSP butter** (2 TBSP for 4).
- Turn off heat; mash with a potato masher or fork until mostly smooth. Season generously with **salt** and **pepper**.



2 START FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper** and cook until just softened, 3-4 minutes.
- Add **plant-based protein*** to pan; season with **salt** and **pepper**. Using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 3-4 minutes.
- Break up protein into pieces and cook until browned all over and warmed through, 3-4 minutes more.



5 MAKE ENCHILADAS

- Spread **tortillas** with **mashed beans**. Place a **small amount of filling** on one half of each tortilla. Roll up tortillas, starting with filled sides, and place, seam sides down, in an 8-by-11-inch baking dish or ovenproof pan. (For 4 servings, use a 9-by-13-inch baking dish or two smaller ones.)
- Top with enough **salsa** to generously coat (you may have some left over). Sprinkle with **Monterey Jack**.
- Bake on top rack until salsa is bubbly and cheese melts, 3-5 minutes.



3 FINISH FILLING

- Reserve **1/2 tsp Southwest Spice Blend** (1 tsp for 4 servings) in a second small bowl for Step 6.
- To pan with **plant-based protein mixture**, add **tomato**, **scallion whites**, **half the beans**, remaining Southwest Spice Blend, and **2 TBSP reserved bean liquid**. (You'll use the remaining beans and more bean liquid in the next step.)
- Cook, stirring, until fragrant and warmed through, 2-3 minutes. Season with **salt** and **pepper**.



6 MAKE CREMA & SERVE

- While enchiladas bake, add **sour cream** to bowl with **reserved Southwest Spice Blend**. Stir in **warm water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.
- Top baked **enchiladas** with **crema**, **scallion greens**, and as much **chili** as you like. Divide between plates and serve.

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