



ONE-PAN CHEESY BLACK BEAN TACOS

with Green Pepper & Smoky Red Pepper Crema

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



1 | 2
Long Green Pepper



1 | 2
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Tex-Mex Paste



½ Cup | 1 Cup
Cheddar Cheese
Contains: Milk



½ Cup | 1 Cup
Mexican Cheese Blend
Contains: Milk



2 TBSP | 4 TBSP
Smoky Red Pepper Crema
Contains: Milk



6 | 12
Flour Tortillas
Contains: Soy, Wheat



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.



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: 1010



10 oz | 20 oz
Ground Beef**

Calories: 1190



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 830



HELLO





SMOKY RED PEPPER CREMA

A cooling condiment that's all at once tangy, sweet, and smoky

RAISE THE CHAR

If you have a few extra minutes, char your tortillas in a hot, dry pan for 1-2 minutes to add smoky, fire-kissed flavor.

BUST OUT

- Large pan
- Paper towels
- Strainer
- Kosher salt  
- Black pepper  
- Cooking oil (1 tsp | 1 tsp)

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

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



1 PREP

- Wash and dry produce.
- Halve, deseed, and thinly slice **green pepper** crosswise into strips. Trim and thinly slice **scallions**, separating whites from greens.

-  Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken or **beef***; season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes.





3 MAKE FILLING

- While green pepper cooks, drain and rinse **beans**.
- Once **green pepper** is softened, stir in **scallion whites** and **2 tsp Southwest Spice Blend** (4 tsp for 4 servings; **be sure to measure—we sent more**). Cook until fragrant, 30 seconds.
- Add beans, **Tex-Mex paste**, and **¼ cup water** (½ cup for 4). Cook, stirring, until filling has combined and thickened, 2-3 minutes.



2 COOK GREEN PEPPER

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper** and cook, stirring, until softened, 5-6 minutes. **TIP: If needed, add a splash of water to help green pepper soften.**

-  Add **green pepper** to pan with **chicken** or **beef** (skip  **the oil**); cook through this step as instructed.



4 FINISH & SERVEWEST

- Sprinkle **bean filling** with **cheddar** and **Mexican cheese blend**. Cover pan until cheese melts, 1-2 minutes.
- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with bean filling, **smoky red pepper crema**, and **scallion greens**. Serve.