



BLACK BEAN & PEPPER QUESADILLAS

with Salsa Fresca & Creamy Guacamole

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Long Green
Pepper



2 | 4
Scallions



1 | 2
Tomato



1 | 2
Lime



1 | 2
Black Beans



1 TBSP | 2 TBSP
Southwest Spice
Blend



4 TBSP | 8 TBSP
Guacamole



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 | 4
Flour Tortillas
Contains: Soy, Wheat



½ Cup | 1 Cup
Mexican Cheese
Blend
Contains: Milk



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



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: 1060



10 oz | 20 oz
Ground Beef**

Calories: 1240



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 860



HELLO

CREAMY GUACAMOLE

Guacamole gets some extra zing with sour cream and lime juice.

HOW YA BEAN?

If you don't have a potato masher on hand to mash the beans in Step 2, a fork will get the job done just as well.

BUST OUT

- Zester
- Large pan
- Medium pot
- Medium bowl
- Potato masher
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 🍳 🍳
- Butter (1 TBSP | 1 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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1 PREP

- Wash and dry produce.
- Core, deseed, and dice **green pepper**. Trim and thinly slice **scallions**, separating whites from greens. Dice **tomato**. Zest and quarter **lime** (for 4 servings, zest one lime and quarter both).



4 MAKE SALSA & MIX GUAC

- While veggies cook, in a small bowl, combine **tomato**, **scallion greens**, **lime zest**, and a **squeeze of lime juice** to taste. Season with **salt** and **pepper**.
- In a separate small bowl, combine **guacamole**, **sour cream**, and a squeeze of lime juice to taste. Season with **salt** and **pepper**.



2 COOK BEANS

- In a medium pot, combine **beans and their liquid**, **Southwest Spice Blend**, **1 TBSP butter**, **salt** (we used ¼ tsp; ½ tsp for 4 servings), and **pepper**. Bring to a boil over medium-high heat, then immediately reduce heat to medium.
- Simmer, uncovered, for 5 minutes, then mash beans with a potato masher or fork until mostly smooth. Continue simmering until mixture has thickened, 3-5 minutes more.
- Turn off heat; cover to keep warm.



5 ASSEMBLE QUESADILLAS

- Spread **one half of each tortilla** with a **layer of mashed beans**. (TIP: You may have some beans left over. Serve remaining on the side if you like.) Top with **green pepper mixture**, **Mexican cheese blend**, and **Monterey Jack**.
- Fold tortillas in half to create **quesadillas**.



3 COOK VEGGIES

- Meanwhile, heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper**, **salt**, and **pepper**. Cook, stirring occasionally, until tender, 5-7 minutes.
- Stir in **scallion whites** and cook until softened, 1 minute more.
- Turn off heat; transfer to a medium bowl. Wipe out pan.

- 🍳 Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in pan used for green pepper over medium-high heat. Add chicken or **beef***; season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; stir into bowl with **green pepper**. Wipe out pan.



6 FINISH & SERVE

- Heat a **large drizzle of oil** in pan used for veggies over medium heat. Working in batches if necessary, add **quesadillas** and cook until tortillas are golden brown and cheeses melt, 3-4 minutes per side.
- Slice quesadillas into wedges; divide between plates. Top with **creamy guacamole** and **salsa fresca**. Serve with **remaining lime wedges** on the side.

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

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