



ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Smoky Red Pepper Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



1 | 2
Lime



1 | 2
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Tex-Mex Paste



¼ oz | ¼ oz
Cilantro



4 oz | 8 oz
Shredded Red Cabbage



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



6 | 12
Flour Tortillas
Contains: Soy, Wheat



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk



2 TBSP | 4 TBSP
Smoky Red Pepper Crema
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: 1040



10 oz | 20 oz
Ground Beef**

Calories: 1220



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 850



HELLO

SMASHED BLACK BEANS

Beans are simmered with a bounty of spices, then mashed until smooth for a hearty taco filling.

TOP-NOTCH 'TILLAS

In step 4, we instruct you to warm your tortillas in the microwave. If you have a few extra minutes, however, you can char your tortillas over the flames of your gas stove for smoky, fire-touched flavor and a crispier texture. Using tongs and working one at a time, place tortillas directly on the burner until lightly charred on both sides.

BUST OUT

- Small bowl
 - Plastic wrap
 - Large pan
 - Potato masher
 - Large bowl
 - Paper towels
 - Kosher salt
 - Black pepper
 - Sugar (¼ tsp | ½ tsp)
 - Cooking oil (1 tsp | 1 tsp) Ⓢ Ⓞ
 - Olive oil (1 tsp | 1 tsp)
 - 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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Ⓢ *Chicken is fully cooked when internal temperature reaches 165°.

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



1 PICKLE ONION

- **Wash and dry produce.**
- Halve, peel, and thinly slice **half the onion (all for 4 servings)**. Quarter **lime**.
- In a small microwave-safe bowl, combine **¼ of the sliced onion, juice from half the lime, ¼ tsp sugar (½ tsp for 4),** and a **pinch of salt and pepper**; cover with plastic wrap. Microwave until bright pink, 30-45 seconds.

- Ⓢ Open package of **chicken*** and drain off any excess liquid.
- Ⓞ Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **beef***; season with **salt and pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 MAKE SLAW

- While beans cook, roughly chop **cilantro**.
- In a large bowl, combine **cabbage, mayonnaise,** half the cilantro, and a **squeeze of lime juice** to taste. Season with **salt and pepper**.



2 COOK & SMASH BEANS

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **remaining sliced onion** and cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes.
- Stir in **beans and their liquid, Southwest Spice Blend,** and **Tex-Mex paste**. Season with **salt and pepper**. Bring to a simmer and cook until liquid has thickened, 4-6 minutes.
- Using a potato masher or fork, mash beans until mostly smooth.
- Remove pan from heat and stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted.

Ⓢ Use pan used for chicken or beef here.



4 FINISH & SERVE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with **smashed beans, Monterey Jack, slaw, smoky red pepper crema, pickled onion (draining first),** and **remaining cilantro**. Serve with any **remaining lime wedges** on the side.

Ⓢ Fill **tortillas** with **chicken** or **beef**.

