



BLACK BEAN & ZUCCHINI TACO BOWL BAR

with sides & toppings for everyone to build their perfect plate

INGREDIENTS

2 PERSON | 4 PERSON

- | | | |
|---|---|--|
| 
¾ Cup 1½ Cups
Jasmine Rice | 
1 2
Lime | 
1 2
Corn |
| 
1 2
Tomato | 
1 2
Zucchini | 
1 TBSP 2 TBSP
Southwest Spice Blend |
| 
1 2
Black Beans | 
2 TBSP 4 TBSP
Mayonnaise
Contains: Eggs | 
½ Cup 1 Cup
Monterey Jack Cheese
Contains: Wheat |
| 
1 tsp 1 tsp
Chili Powder | 
6 12
Flour Tortillas
Contains: Soy, Wheat | 
4½ TBSP 9 TBSP
Sour Cream
Contains: Milk |



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



HelloCustom

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



2 | 4
Baby Lettuce

Calories: 1360



3 oz | 6 oz
Blue Corn Tortilla
Chips
Contains: Sesame

Calories: 1420



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 1310



HELLO

BUILD-A-PLATE

Delight everyone's palates with this customizable meal! If you chose to add extras, you can whip up taco salads and/or nachos!

YOU DO YOU

Give your corn esquites a taste before seasoning. Not tangy enough for you? Add more lime juice. Need a spicy kick? Sprinkle on an extra dash of chili powder or add a splash of your favorite hot sauce.

BUST OUT

- Small pot
- Large pan
- Strainer
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

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 COOK RICE

- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



4 COOK ZUCCHINI & BLACK BEANS

- Add a **large drizzle of oil** to pan used for corn over medium-high heat. Add **zucchini**, **1 TBSP Southwest Spice Blend (2 TBSP for 4 servings)**, and **salt**; cook, stirring occasionally, until browned, 2-3 minutes.
- Add **black beans and their liquid** and **¼ cup water (½ cup for 4)**. Season with **salt** and **pepper**. Cook, stirring occasionally, until zucchini is tender and liquid has slightly thickened, 3-5 minutes. **TIP: If sauce seems too thick, stir in additional water a splash at a time.**



2 PREP

- Meanwhile, **wash and dry produce**.
- Drain **corn**, then pat very dry with paper towels. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Quarter **lime**. Dice **tomato** into ½-inch pieces; season with **salt** and **pepper**. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**

- Trim and discard root end from **lettuce**; thinly slice.



5 WARM TORTILLAS & MIX CORN

- Meanwhile, wrap **tortillas** in damp paper towels; microwave until warmed through, 30-60 seconds.
- To bowl with **charred corn**, add **mayonnaise**, **half the Monterey Jack (save the rest for serving)**, **half the chili powder** (all for 4 servings, saving a **pinch for garnish**), and **juice from half the lime**. Stir to combine. Season with **salt** and **pepper** to taste. Garnish with a pinch of remaining chili powder.



3 CHAR CORN

- Heat a **drizzle of oil** in a large pan over high heat. Add **corn** and cook, stirring occasionally, until golden brown and lightly charred in spots, 4-6 minutes. **TIP: If corn begins to pop, cover pan.**
- Turn off heat; transfer to a large bowl and cover to keep warm (**you'll finish the corn in Step 5**). Wipe out pan.



6 SERVE

- Fluff **rice** with a fork. Serve rice, **tomato**, **corn**, **zucchini and black beans**, **tortillas**, **sour cream**, **remaining Monterey Jack**, and **remaining lime wedges** family style so everyone can build their own taco bowl.

- Serve **shredded lettuce** alongside your **taco bar!**
- Place **tortilla chips** in a serving bowl and serve alongside your **taco bar (you can even make nachos if you like!)**.