



ONE-PAN BLACK BEAN & PEPPER QUESADILLAS

with Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Lime



1 | 2
Long Green
Pepper



1 | 2
Black Beans



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 | 2
Tex-Mex Paste



2 | 4
Flour Tortillas
Contains: Soy, Wheat



1 Cup | 2 Cups
Mexican Cheese
Blend
Contains: Milk



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



1 tsp | 2 tsp
Hot Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*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
Diced Skinless Dark
Meat Chicken
Calories: 1110



10 oz | 20 oz
Ground Beef**
Calories: 1300



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 930



HELLO

TEX-MEX PASTE

A savory, spicy, and slightly sweet flavor MVP

FLIP OUT

Once the first side of your quesadilla is golden, slide your spatula underneath and secure the top with your hand. Then flip!

BUST OUT

- Strainer
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) 🇺🇸 🇨🇦
- Butter (2 TBSP | 3 TBSP)
Contains: Milk
- Large pan
- Medium bowl

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.

HOW WAS YOUR MEAL?



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1 PREP & MAKE CREMA

- Wash and dry produce.
- Quarter **lime**. Core, deseed, and dice **green pepper**. Drain and rinse **beans**.
- In a small bowl, combine **sour cream** with a **big squeeze of lime juice** to taste. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.

- 🇺🇸 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 cooked through, 4-6 minutes. Turn off heat; transfer to a medium bowl. Wipe out pan.



3 ASSEMBLE QUESADILLAS

- Place **tortillas** on a clean work surface; evenly top one half of each tortilla with **Mexican cheese blend**. Top with **filling**, then sprinkle with **Monterey Jack**. Fold tortillas in half to create **quesadillas**.



2 MAKE FILLING

- Melt **1 TBSP butter** in a large pan over medium-high heat. Add **green pepper** and cook, stirring occasionally, until softened, 3-4 minutes.
- Add **beans** and **Tex-Mex paste**; season with **salt** and **pepper**. Cook until beans are warmed through, 2-3 minutes.
- Turn off heat. Transfer to a medium bowl. Wash out pan.

- 🇺🇸 Use pan used for chicken or beef here. Once **green pepper** and **beans** are done, transfer to bowl with **chicken** or **beef** and stir to combine.



4 FINISH & SERVE

- Melt **1 TBSP butter** in pan used for filling over medium-high heat. (For 4 servings, you may need to work in batches, using 1 TBSP butter for each batch.) Add **quesadillas**; cook until tortillas are golden brown and cheese melts, 2-4 minutes per side.
- Cut quesadillas into thirds and divide between plates. Drizzle with **lime crema** and **hot sauce** to taste. Serve.

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

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