



ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Red Pepper Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1

Red Onion



1 | 1

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
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
Chopped Chicken Breast

Calories: 1050



10 oz | 20 oz
Ground Beef**

Calories: 1230



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



HELLO

SMASHED BLACK BEANS

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

CHARRED, I'M SURE

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

- Small bowl
 - Plastic wrap
 - Large pan
 - Potato masher
 - Large bowl
 - Paper towels
 - Kosher salt
 - Black pepper
 - Sugar (1/4 tsp | 1/2 tsp)
 - Olive oil (1 tsp | 1 tsp)
 - Cooking 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.

HOW WAS YOUR MEAL?



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

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



1 PICKLE ONION

- Wash and dry produce.
- Halve, peel, and thinly slice **half the onion** (whole onion for 4 servings). Quarter **lime**.
- In a small microwave-safe bowl, combine **1/4 of the sliced onion, juice from half the lime, 1/4 tsp sugar** (1/2 tsp for 4), and a **pinch of salt and pepper**. Cover with plastic wrap; microwave until bright pink, 30-45 seconds. Set aside.

- 🇺🇸 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*** and 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**; 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.

🇺🇸 Add **chicken** or **beef** to **tortillas** along with **smashed beans**.

