



VEGAN SWEET POTATO, BLACK BEAN & KALE TACOS

with Crispy Fried Onions, Lime Drizzle & Guacamole

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



1 | 2

Lime



4 oz | 8 oz

Kale



1 | 2

Black Beans



1 TBSP | 2 TBSP

Mexican Spice Blend



2 | 4

Mushroom Stock Concentrates



1 tsp | 2 tsp

Garlic Powder



2 TBSP | 4 TBSP

Vegan Mayonnaise



6 | 12

Flour Tortillas
Contains: Soy, Wheat



4 TBSP | 8 TBSP

Guacamole



1 | 2

Crispy Fried Onions
Contains: Wheat



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.



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: 1190



10 oz | 20 oz

Ground Turkey

Calories: 1280



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 1000



HELLO

CRISPY FRIED ONIONS

They're crispy, they're fried, and all you have to do is sprinkle them on a taco to unleash their powers!

BEST OF THE ZEST

We like using a microplane for zesting, but if you don't have one, use a peeler to remove the surface layer, then mince it.

BUST OUT

- Peeler
 - Can opener
 - Strainer
 - Large bowl
 - Potato masher
 - Zester
 - Baking sheet
 - Large pan
 - Small bowl
 - Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 3 tsp)
(1 tsp | 1 tsp) 🇺🇸 🇨🇦

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

- Adjust rack to top position and preheat oven to 425. **Wash and dry produce.**
- Peel and quarter **sweet potatoes** lengthwise; cut into ½-inch-thick quarter-moons. Remove and discard any large stems from **kale**; chop into bite-size pieces. Drain and rinse **beans**; transfer to a large bowl and mash about half the beans, leaving some whole. Zest and quarter **lime**.

- 🇺🇸 Open package of **chicken*** and drain off excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey*** 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.



4 MAKE LIME DRIZZLE

- While veggies cook, in a small bowl, combine **mayonnaise** with **juice from one lime wedge (two wedges for 4 servings)** and as much **lime zest** as you like.



2 ROAST SWEET POTATOES

- Toss **sweet potatoes** on a baking sheet with a **drizzle of oil**, **half the Mexican Spice Blend (you'll use the rest in the next step)**, and a **pinch of salt and pepper**. Roast on top rack until browned and tender, 18-20 minutes.



5 WARM TORTILLAS

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, about 30 seconds.



3 COOK VEGGIES

- Meanwhile, heat a **drizzle of oil** in a large pan (for 4 servings, work in two batches or use two large pans) over medium-high heat. Add **kale, beans, stock concentrates, garlic powder, remaining Mexican Spice Blend,** and **¼ cup water (½ cup for 4)**. Cook, stirring occasionally, until liquid has slightly reduced and kale is wilted, 3-5 minutes.

- Remove from heat; stir in **juice from one lime wedge (two wedges for 4)**. Season with a **pinch of salt and pepper** to taste.

- 🇺🇸 Use pan used for chicken or turkey here. Once kale is wilted, stir in **chicken** or **turkey** along with **lime juice**.



6 FINISH & SERVE

- Spread a **thin layer of guacamole** on **tortillas**. Fill with **kale and bean mixture** and **sweet potatoes**. Spoon **lime drizzle** over top and garnish with **crispy fried onions**.
- Divide **tacos** between plates and serve with **remaining lime wedges** on the side.

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

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