



# BLACK BEAN & POBLANO QUESADILLAS

with Salsa Fresca & Lime Sour Cream

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Poblano Pepper



2 | 4  
Scallions



1 | 2  
Roma Tomato



1 | 1  
Lime



13.4 oz | 26.8 oz  
Black Beans



1 TBSP | 2 TBSP  
Southwest Spice Blend



4 TBSP | 8 TBSP  
Sour Cream  
Contains: Milk



2 | 4  
Flour Tortillas  
Contains: Wheat



½ Cup | 1 Cup  
Mexican Cheese Blend  
Contains: Milk



¼ Cup | ½ Cup  
Monterey Jack Cheese  
Contains: Milk

## HELLO

### LIME SOUR CREAM

A cool and tangy topper gets a spoon-licking upgrade thanks to lime juice.



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 830



## HOW YOU BEAN?

If you don't have a potato masher on hand to mash the beans, a fork will get the job done just as well.

## BUST OUT

- Zester
- Medium pot
- Potato masher
- Large pan
- 2 Small bowls
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 1 TBSP)  
Contains: Milk

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### 1 PREP

- **Wash and dry all produce.**
- Core, deseed, and dice **poblano**. Trim and thinly slice **scallions**, separating whites from greens. Dice **tomato**. Zest and halve **lime**.



### 4 MIX SALSA & SOUR CREAM

- While poblano cooks, in a small bowl, combine **tomato**, **scallion greens**, **lime zest**, and a squeeze of **lime juice** to taste. Season with **salt** and **pepper**.
- In a separate small bowl, combine **sour cream** with a squeeze of lime juice to taste. Season with **salt** and **pepper**.



### 2 COOK BEANS

- In a medium pot, combine **beans** and their **liquid**, **Southwest Spice**, **1 TBSP butter**, **salt** (we used  $\frac{1}{4}$  tsp), and **pepper**. (Use  $\frac{1}{2}$  tsp salt for 4 servings.) Bring to a boil over medium-high heat. Once boiling, reduce heat to medium.
- Simmer, uncovered, for 5 minutes, then mash beans with a potato masher or fork until mostly smooth. Continue simmering until mixture has thickened, 3-5 minutes more.
- Turn off heat; cover to keep warm.



### 5 ASSEMBLE QUESADILLAS

- Spread one half of each **tortilla** with a layer of **mashed beans**. (TIP: You may have some beans left over. Serve remaining on the side if you like.) Top with **poblano mixture** and both **cheeses**. Fold tortillas in half to create **quesadillas**.



### 3 COOK POBLANO & SCALLIONS

- Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Add **poblano**, **salt**, and **pepper**. Cook, stirring occasionally, until tender, 5-7 minutes.
- Stir in **scallion whites** and cook until softened, 1 minute.
- Turn off heat; transfer to a plate. Wipe out pan.



### 6 FINISH & SERVE

- Heat a large drizzle of **oil** in pan used for poblano over medium heat. Add **quesadillas** and cook until tortillas are golden brown and cheeses have melted, 3-4 minutes per side.
- Slice quesadillas into wedges and divide between plates. Top with **lime sour cream** and **salsa fresca** and serve.