



JUN  
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## Black Bean & Sweet Potato Tacos

with Blistered Corn and Avocado-Lime Crema

This smoky-sweet taco filling can stand toe-to-toe with the best of them. Caramelized onion, sweet potato, and charred corn are tossed with honey, cumin, and lime for the flavor trifecta. A cool avocado-crema makes for the ultimate taco condiment.



Prep: 10 min  
Total: 40 min



level 2



veggie



nut free



Sweet Potato



Avocado



Yellow Onion



Cumin



Garlic



Corn  
on the Cob



Black Beans



Lime



Cilantro



Sour Cream



Honey



Tortillas

Ingredients	2 People	4 People
Sweet Potato	12 oz	24 oz
Tortillas	1)	12
Avocado	1	2
Yellow Onion	1	2
Cumin	1 t	2 t
Garlic	2 Cloves	4 Cloves
Corn on the Cob	1 Ear	2 Ears
Black Beans	1 Box	1 Box
Lime	1	2
Honey	1 T	2 T
Cilantro	¼ oz	½ oz
Sour Cream	2)	8 T
Oil*	2 t	4 t

\*Not Included

### Allergens

- 1) Wheat
- 2) Milk

### Tools

Baking sheet, Zester, Strainer, Large pan, Tin foil, Small bowl

Ruler

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**Nutrition per person** Calories: 901 cal | Fat: 29 g | Sat. Fat: 9 g | Protein: 21 g | Carbs: 136 g | Sugar: 37 g | Sodium: 619 mg | Fiber: 22 g



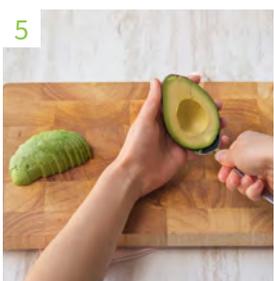
**1 Roast the sweet potato: Wash and dry all produce.** Preheat the oven to 450 degrees. Dice the **sweet potato** into 1/2-inch cubes. Toss the cubes on a baking sheet with a drizzle of **oil** and season with **salt** and **pepper**. Place the baking sheet in the oven to roast for 20-25 minutes, tossing halfway through cooking, until soft and slightly caramelized.



**2 Prep the veggies:** Meanwhile, halve, peel, and dice the **onion**. Pick the **cilantro leaves** off the stems. Cut the **corn kernels** off the cob. Mince or grate the **garlic**. Zest, then halve the **lime**. Drain and rinse the **black beans**.



**3 Start the taco filling:** Heat a drizzle of **oil** in a large pan over medium heat. Add the **onion** and cook, tossing for 5-6 minutes, until softened and slightly caramelized. Season with **salt** and **pepper**. Add the **garlic**, **corn**, and **half the black beans** to the pan and cook, tossing for another 3-4 minutes. Wrap the **tortillas** in tin foil and place in the oven to warm for 5 minutes. **HINT:** Save the remaining black beans for another recipe!



**4 Finish the taco filling:** Add the roasted **sweet potatoes**, **honey**, **cumin**, and the **juice of half a lime** to the pan and cook, tossing for 2-3 minutes to combine. Season with **salt** and **pepper**.

**5 Make the avocado-lime crema:** Halve and pit the **avocado**. Thinly slice one half and set aside; scoop the other half into a small bowl. With a fork, mash the **avocado** with **4 Tablespoons sour cream**, the remaining **lime juice**, and the **lime zest**. Season to taste with **salt** and **pepper**.

**6 Assemble the tacos:** Fill the **tortillas** with the **sweet potato filling**, **avocado slices**, **avocado-lime crema**, and **cilantro leaves**.

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