



ONE-PAN CHEESY BLACK BEAN TACOS

with Poblano & Smoky Red Pepper Crema

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



1 | 2
Poblano Pepper



13.4 oz | 26.8 oz
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Tex-Mex Paste



½ Cup | 1 Cup
Cheddar Cheese
Contains: Milk



½ Cup | 1 Cup
Mexican Cheese Blend
Contains: Milk



2 TBSP | 4 TBSP
Smoky Red Pepper Crema
Contains: Milk, Soy



6 | 12
Flour Tortillas
Contains: Wheat



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



6 oz | 12 oz
Ground Plant-Based Protein
Contains: Soy, Tree Nuts, Wheat

Calories: 1060

PREP: 5 MIN | COOK: 15 MIN | CALORIES: 840



HELLO

SMOKY RED PEPPER CREMA

A cooling condiment that's all at once tangy, sweet, and smoky

RAISE THE CHAR

In step 4, we instruct you to warm your tortillas in the microwave. If you have a few extra minutes, however, you can char your tortillas over the flames of your gas stove for smoky, fire-touched flavor and a crispier texture. Using tongs and working one at a time, place tortillas directly on the burner until lightly charred on both sides.

BUST OUT

- Large pan
- Strainer
- Paper towels
- Cooking oil (1 tsp | 1 tsp)
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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*Ground Plant-Based Protein is fully cooked when internal temperature reaches 165°.



1 PREP

- Wash and dry produce.
- Halve, core, and thinly slice **poblano** crosswise into strips. Trim and thinly slice **scallions**, separating whites from greens.

Heat a **drizzle of oil** in a large pan over medium-high heat. Add **plant-based protein*** and season with **salt** and **pepper**. Cook 5-8 minutes, breaking up protein into pieces, until browned and warmed through. Remove from heat; transfer to a small bowl.



3 MAKE FILLING

- While poblano cooks, drain and rinse **beans**.
- Once **poblano** is softened, stir in **scallion whites** and **2 tsp Southwest Spice (4 tsp for 4 servings)**. (**Be sure to measure the Southwest Spice; we sent more.**) Cook until fragrant, 30 seconds.
- Add beans, **Tex-Mex paste**, and **¼ cup water (½ cup for 4)**. Cook, stirring, until filling has combined and thickened, 2-3 minutes.

Once poblano is softened, stir in **plant-based protein**. Cook through remaining step as instructed.



2 COOK POBLANO

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **poblano** and cook, stirring, until softened, 5-6 minutes. **TIP: If needed, add a splash of water to help poblano soften.**

Use pan used for plant-based protein here.



4 FINISH & SERVE

- Sprinkle **bean filling** with **cheddar** and **Mexican cheese**. Cover pan until cheese melts, 1-2 minutes. Turn off heat.
- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with bean filling, **smoky red pepper crema**, and **scallion greens**. Serve.

WK 13-8