



BLACK BEAN & PEPPER QUESADILLAS

with Salsa Fresca & Creamy Guacamole

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Long Green
Pepper



2 | 4
Scallions



1 | 2
Tomato



1 | 2
Lime



1 | 2
Black Beans



1 TBSP | 2 TBSP
Southwest
Spice Blend



4 TBSP | 8 TBSP
Guacamole



1 1/2 TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 | 4
Flour Tortillas
Contains: Soy, Wheat



1/2 Cup | 1 Cup
Mexican Cheese
Blend
Contains: Milk



1/4 Cup | 1/2 Cup
Monterey Jack
Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*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
Chicken Breast
Strips

Calories: 1030



10 oz | 20 oz
Ground Beef**

Calories: 1160



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 840



HELLO

CREAMY GUACAMOLE

Guacamole gets a tangy upgrade with sour cream and lime juice.

HOW YA BEAN?

If you don't have a potato masher on hand to mash the beans in Step 2, a fork will get the job done just as well.

BUST OUT

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

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

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



1 PREP

- Wash and dry produce.
- Core, deseed, and dice **green pepper**. Trim and thinly slice **scallions**, separating whites from greens. Dice **tomato**. Zest and halve **lime** (for 4 servings, zest one lime and halve both).



4 MAKE SALSA & MIX GUAC

- While veggies cook, 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 **guacamole**, **sour cream**, and 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 Blend**, **1 TBSP butter**, **salt** (we used $\frac{1}{4}$ tsp; $\frac{1}{2}$ tsp for 4 servings), and **pepper**. Bring to a boil over medium-high heat, then immediately 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 **green pepper mixture**, **Mexican cheese blend**, and **Monterey Jack**.
- Fold tortillas in half to create **quesadillas**.



3 COOK VEGGIES

- Meanwhile, heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper**, **salt**, and **pepper**. Cook, stirring occasionally, until tender, 5-7 minutes.
- Stir in **scallion whites** and cook until softened, 1 minute more.
- Turn off heat; transfer to a medium bowl. Wipe out pan.
- Pat **chicken*** dry with paper towels.
- Heat a **drizzle of oil** in pan used for veggies over medium-high heat. Add chicken or **beef***; season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; stir into bowl with **green pepper mixture**. Wipe out pan.



6 FINISH & SERVE

- Heat a **large drizzle of oil** in pan used for veggies over medium heat. Working in batches if necessary, add **quesadillas** and cook until tortillas are golden brown and cheeses melt, 3-4 minutes per side.
- Slice quesadillas into wedges; divide between plates. Top with **creamy guacamole** and **salsa fresca**, and serve.

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