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BLACK BEAN & GREEN PEPPER FLAUTAS

with Guacamole, Pico de Gallo & Sour Cream



PREP: 10 MIN COOK: 30 MIN CALORIES: 920



HELLO

MASHED BLACK BEANS

Beans are simmered, then mashed until smooth to make a silky base for the savory filling.

SEW SMART

Weave a toothpick into the seam of each tortilla (like a safety pin) to secure flautas. Be sure to remove before eating!

BUST OUT

Strainer

• 2 Small bowls • Potato masher

Small pot

- Large pan
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP)
 Contains: Milk

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1 PREP & MAKE PICO

- Wash and dry produce.
- Finely dice **tomato**. Trim and thinly slice **scallions**. Halve **lime**. Halve, peel, and thinly slice **onion**. Core, deseed, and cut **green pepper** into ½-inch pieces. Drain **beans** over a small bowl, reserving **liquid**.
- In a separate small bowl, combine tomato, scallions, a big squeeze of lime juice, and a drizzle of olive oil. Season with salt and pepper.



2 COOK FILLING

- Heat a drizzle of oil in a large pan over medium-high heat. Add onion and green pepper; cook, stirring occasionally, until just softened, 5-6 minutes.
- Add Southwest Spice Blend and half the beans (you'll use the rest in the next step). Cook, stirring, until fragrant and warmed through, 2-3 minutes.
 Season with salt and pepper. Remove from heat.
- Add beef* or organic beef* to pan
 along with onion and green pepper; cook, breaking up meat into pieces, until beef is cooked through and veggies are softened, 4-6 minutes. Cook through the rest of the step as instructed.



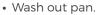
3 MASH BEANS

- Meanwhile, heat a drizzle of oil in a small pot over medium-high heat. Add remaining beans and cook, stirring, until slightly softened, 2-3 minutes.
- Add ¼ cup reserved bean liquid (½ cup for 4 servings). Simmer until warmed through, 1-2 minutes.
- Reduce heat to low and stir in **1 TBSP butter** until melted.
- Remove pot from heat; mash beans until mostly smooth. Season with **plenty of salt and pepper**.



4 ASSEMBLE FLAUTAS

- Spread tortillas with mashed beans.
 Place a small amount of filling on one half of each tortilla, then sprinkle with pepper jack.
- Roll up tortillas, starting with filled sides, to create **flautas**. Place, seam sides down, on a plate or work surface.





5 COOK FLAUTAS

 Heat a large drizzle of oil in same pan over medium-high heat. Add flautas, seam sides down. Cook, turning carefully so they stay intact, until golden brown and crispy, 1-2 minutes per side.
 TIP: Work in batches if necessary and watch carefully to avoid burning.



6 SERVE

 Divide flautas between plates and top with guacamole, pico de gallo, and sour cream. (Alternatively, serve with toppings on the side for dipping.) Cut remaining lime half into wedges and serve on the side.