



# BLACK BEAN & GREEN PEPPER FLAUTAS

with Guacamole, Pico de Gallo & Sour Cream

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Tomato



2 | 4  
Scallions



1 | 1  
Lime



1 | 2  
Yellow Onion



1 | 2  
Long Green  
Pepper



1 | 2  
Black Beans



1 TBSP | 2 TBSP  
Southwest Spice  
Blend



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



½ Cup | 1 Cup  
Pepper Jack  
Cheese  
Contains: Milk



4 TBSP | 8 TBSP  
Guacamole



3 TBSP | 6 TBSP  
Sour Cream  
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  
Ground Beef\*\*

Calories: 1220



10 oz | 20 oz  
Organic Ground  
Beef\*\*

Calories: 1220



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
  - Small pot
  - 2 Small bowls
  - Potato masher
  - 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.
- Wash out pan.



### 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.

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