



More than Food

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Smoky Black Bean & Caramelized Sweet Potato Tacos with Blistered Corn and Avocado-Lime Crema

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



Sweet Potato



Avocado



Onion



Cumin



Chili Flakes



Garlic



Corn



Black Beans



Lime



Honey



Cilantro



Corn Tortillas



Sour Cream

Ingredients	2 People	4 People
Sweet Potato	1	2
Avocado	1	2
Onion	1	2
Cumin	1 t	2 t
Chili Flakes	1 t	2 t
Garlic	2 cloves	4 cloves
Corn	1 ear	2 ears
Black Beans	½ can	1 can
Lime	1	2
Honey	1 T	2 T
Cilantro	½ oz	1 oz
Corn Tortillas	6	12
Sour Cream	2 T	4 T
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Dairy

Tools

Large Pan, Baking Sheet, Peeler, Small Bowl, Zester, Strainer

Ruler

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Nutrition per person Calories: 764 cal | Carbs: 106 g | Fat: 31 g | Protein: 18 g | Fiber: 23 g



1 Preheat oven to 400 degrees. Dice the **sweet potato** into ½-inch cubes. Toss the **sweet potato** on a baking sheet with **1 tablespoon olive oil** and season with **salt** and **pepper**. Place baking sheet in the oven to roast for 20-25 minutes, until soft and slightly caramelized.



2 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 and halve the **lime**. Drain and rinse the **black beans**. Set half the beans aside for another day!



3 Start making the **sweet potato filling**: heat **1 tablespoon olive 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**, **black beans**, and **corn** to the pan and cook, tossing, another 3-4 minutes.



4 Wrap the **tortillas** in tin foil and place in the oven to warm for 5 minutes.

5 Finish the **sweet potato filling**: add the **roasted sweet potatoes**, **honey**, **cumin**, **chili flakes** (to taste), and the **juice of half a lime** to the pan and cook, tossing, 2-3 minutes to combine. Season with **salt** and **pepper**.

6 Make the **avocado-lime crema**: halve and pit the **avocado**. Thinly slice **half the avocado** and set aside. Scoop the **remaining half avocado** into a small bowl, add **2 tablespoons sour cream**, the **juice of the remaining half lime**, and the **lime zest** then mash together with a fork. Season with **salt** and **pepper**.

7 Assemble **tacos**: fill the **tortillas** with the **sweet potato filling**, **avocado slices**, **avocado-lime crema**, and **cilantro leaves**. Enjoy!