



# BLACK BEAN & PEPPER QUESADILLAS

with Pico de Gallo & Creamy Guacamole

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Long Green  
Pepper



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



4 oz | 8 oz  
Pico de Gallo



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: 1210



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 830



HELLO

## CREAMY GUACAMOLE

Guacamole gets some extra zing 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

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

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 1 PREP

- Wash and dry produce.
- Core, deseed, and dice **green pepper**. Quarter **lime**.



### 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.



### 3 COOK GREEN PEPPER

- 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.
- Turn off heat; transfer to a medium bowl. Wipe out pan.
- 🍳 Heat a **drizzle of oil** in pan used for green pepper 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**. Wipe out pan.



### 4 MIX CREAMY GUAC

- In a small bowl, combine **guacamole**, **sour cream**, and a **squeeze of lime juice** to taste. Season with **salt** and **pepper**.



### 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**, **Mexican cheese blend**, and **Monterey Jack**.
- Fold tortillas in half to create **quesadillas**.



### 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 **pico de gallo**. Serve with **remaining lime wedges**.

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

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