



MEXICAN-INSPIRED CALABACITAS CON QUESO

Zucchini with Tortillas & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Corn



1 | 2
Onion



1 | 2
Long Green
Pepper



1 | 2
Zucchini



1 | 2
Tomato



¼ oz | ½ oz
Cilantro



1 tsp | 2 tsp
Cumin



1 tsp | 2 tsp
Garlic Powder



1 tsp | 2 tsp
Dried Oregano



4½ TBSP | 9 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Cheddar Cheese
Contains: Milk



6 | 12
Flour Tortillas
Contains: Soy, Wheat



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HISPANIC HERITAGE MONTH

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PREP: 10 MIN | COOK: 30 MIN | CALORIES: 700



HELLO

CALABACITAS CON QUESO

Enjoy our spin on this homestyle Mexican dish of zucchini, corn, tomato, and pepper topped with cheese.

FLAMY FLAVOR

If you have a few extra minutes, char your tortillas in a hot dry pan for 1-2 minutes to add smoky, fire-kissed flavor.

BUST OUT

- Strainer
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

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1 PREP

- Wash and dry produce.
- Drain **corn**, then pat dry with paper towels. Halve, peel, and dice **onion** into ½-inch pieces. Halve, core, and dice **green pepper** into ½-inch pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Dice **tomato** into ½-inch pieces. Roughly chop **cilantro**.



3 MELT CHEESE & WARM TORTILLAS

- Stir **sour cream** into **veggies** until combined, then sprinkle evenly with **cheddar**. Cover and cook until cheese melts, 1-2 minutes.
- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, about 30 seconds. **TIP: Toast your tortillas on the stove if you prefer a crispier texture.**



2 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over high heat. Add **corn** and season with **salt** and **pepper**. Cook, stirring occasionally, until lightly charred in spots, 2-4 minutes. Reduce heat to medium.
- Add **onion, green pepper, zucchini, cumin, garlic powder, oregano,** and a **large drizzle of oil**; season with **salt** and **pepper**. Cook, stirring occasionally, until veggies are softened, 4-6 minutes.
- Add **tomato** and **½ cup water** (¾ cup for 4 servings); cook, stirring occasionally, until veggies are tender and sauce has thickened slightly, 1-2 minutes more. **(For 4, you may want to work in batches.)**



4 FINISH & SERVE

- Divide **calabacitas con queso** between bowls and garnish with **cilantro**. **(TIP: For a little heat, drizzle with hot sauce from your pantry!)** Serve with **tortillas** on the side.