



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Lime



1 | 2
Mini Cucumber



4 TBSP | 8 TBSP
Guacamole



1 tsp | 2 tsp
Chili Flakes



2 | 4
Flour Tortillas
Contains: Soy, Wheat



1 | 2
Bell Pepper*



¼ oz | ½ oz
Cilantro



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



16 oz | 16 oz
Refried Black
Beans

*The ingredient you received may be a different color.

EAT THE RAINBOW CRUNCH WRAPS

with Bell Pepper, Guac, Black Beans & Feta



✓ **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 500



BUST OUT

- Large bowl
- Paper towels
- Can opener
- Kosher salt
- Black pepper

CHOP, CHOP

Did you know that cilantro stems are edible? Not only that—they also add tons of flavor! They're not as tender as the leaves, so chop the stems as finely as possible for the best texture.

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EAT THE RAINBOW CRUNCH WRAPS

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INSTRUCTIONS

- **Wash and dry produce.**
- Quarter **lime**. Roughly chop **cilantro**. Halve, core, and slice **bell pepper** into strips. Trim and halve **cucumber** lengthwise, then cut into ¼-inch planks.
- In a large bowl, combine **guacamole**, **yogurt**, **juice from one lime wedge (two wedges for 4 servings)**, and as much **cilantro** and as many **chili flakes** as you like until smooth. Season with **salt and pepper**.
- Add **bell pepper**, **cucumber**, and **feta** to bowl with **dressing**. Toss until fully coated.
- Wrap **tortillas** in damp paper towels; microwave until warm and pliable, 30 seconds.
- Lay **tortillas** on a clean work surface. Spread a **thin layer of refried beans** on the bottom two-thirds of each tortilla. Place **veggies** on top of refried beans.
- Fold up bottom side of each **tortilla** over **filling**, then fold over left and right sides toward filling. Roll up tortillas, starting with filled sides, to form **wraps**.
- Halve **wraps** on a diagonal. Divide between plates and serve.