

INGREDIENTS

2 PERSON | 4 PERSON







1 2 Black Beans



1 TBSP | 2 TBSP Southwest Spice



4 TBSP | 8 TBSP Guacamole





6 | 12 Flour Tortillas Contains: Soy, Wheat



Pico de Gallo



1/2 Cup | 1 Cup

Pepper Jack n

Cheese

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**

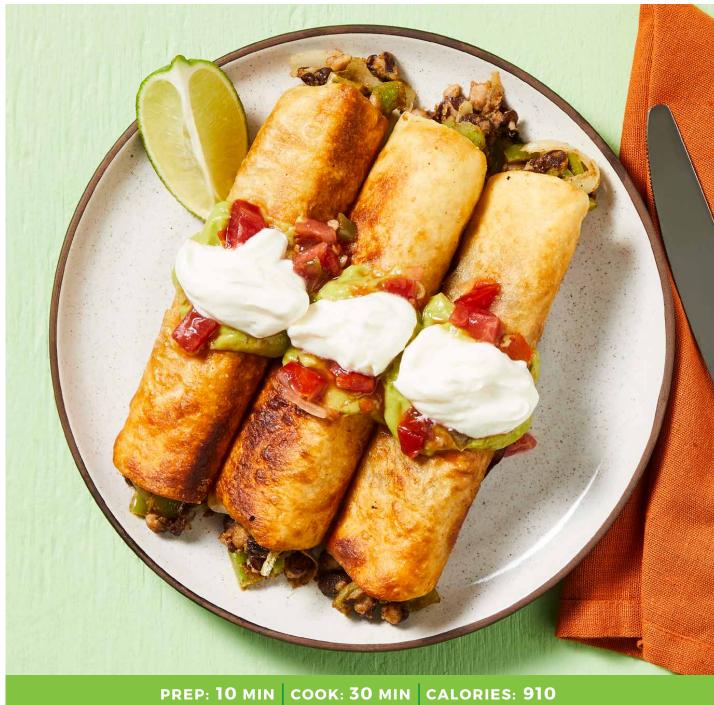


Galories: 1260



BLACK BEAN & GREEN PEPPER FLAUTAS

with Guacamole, Pico de Gallo & Sour Cream





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
- Small bowl
- · Potato masher
- Large pan
- Kosher salt
- · Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP) Contains: Milk

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- A *Ground Beef is fully cooked when internal temperature
- *Ground Turkey is fully cooked when internal temperature



1 PREP

- · Wash and dry produce.
- · Cut lime into wedges. Halve, peel, and thinly slice onion. Core, deseed, and cut green pepper into ½-inch pieces. Drain **beans** over a small bowl. reserving liquid.



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 turkey* to pan along with onion and green pepper; cook, breaking up meat into pieces, until meat is cooked through and veggies are softened, 4-6 minutes. Cook through the rest of the step as instructed.



- 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.) Serve with lime wedges.