



# ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Red Pepper Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1  
Red Onion



1 | 1  
Lime



1 | 2  
Black Beans



1 TBSP | 2 TBSP  
Southwest Spice Blend



1 | 2  
Tex-Mex Paste



¼ oz | ¼ oz  
Cilantro



4 oz | 8 oz  
Shredded Red Cabbage



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



¼ Cup | ½ Cup  
Monterey Jack Cheese  
Contains: Milk



2 TBSP | 4 TBSP  
Smoky Red Pepper Crema  
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  
Chopped Chicken Breast

Calories: 1040



10 oz | 20 oz  
Ground Beef\*\*

Calories: 1220



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 850



HELLO

### HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

### CHARRED, I'M SURE

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

- Small bowl
- Potato masher
- Plastic wrap
- Large bowl
- Large pan
- Paper towels

- Kosher salt
- Black pepper
- Sugar (**¼ tsp** | **½ tsp**)
- Olive oil (**1 tsp** | **1 tsp**)
- Cooking oil (**1 tsp** | **1 tsp**)
- Butter (**1 TBSP** | **2 TBSP**)  
Contains: Milk

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 1 PICKLE ONION

- **Wash and dry produce.**
- Halve, peel, and thinly slice **half the onion** (whole onion for **4 servings**). Quarter **lime**.
- In a small microwave-safe bowl, combine **¼ of the sliced onion**, **juice from half the lime**, **¼ tsp sugar** (**½ tsp for 4**), and a **pinch of salt and pepper**. Cover with plastic wrap; microwave until bright pink, 30-45 seconds. Set aside.

- 🍳 Pat **chicken\*** dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **beef\*** and season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



### 3 MAKE SLAW

- While beans cook, roughly chop **cilantro**.
- In a large bowl, combine **cabbage**, **mayonnaise**, half the cilantro, and a **squeeze of lime juice** to taste. Season with **salt** and **pepper**.



### 2 COOK & SMASH BEANS

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **remaining sliced onion**; cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes.
- Stir in **beans and their liquid**, **Southwest Spice Blend**, and **Tex-Mex paste**. Season with **salt** and **pepper**. Bring to a simmer and cook until liquid has thickened, 4-6 minutes.
- Using a potato masher or fork, mash beans until mostly smooth.
- Remove pan from heat and stir in **1 TBSP butter** (**2 TBSP for 4 servings**) until melted.

- 🍳 Use pan used for chicken or beef here.



### 4 FINISH & SERVE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with **smashed beans**, **Monterey Jack**, **slaw**, **smoky red pepper crema**, **pickled onion** (**draining first**), and **remaining cilantro**. Serve with any **remaining lime wedges** on the side.

- 🍳 Add **chicken** or **beef** to **tortillas** along with **smashed beans**.

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

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