



# CHEESY BLACK BEAN TORTILLA CRUNCH SKILLET

with Charred Corn & Crisp Lettuce

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Long Green  
Pepper



1 | 2  
Corn



1 | 2  
Lime



1 | 2  
Black Beans



1 tsp | 2 tsp  
Cumin



½ Cup | 1 Cup  
Mexican Cheese  
Blend  
Contains: Milk



1 | 2  
Baby Lettuce



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1.5 oz | 3 oz  
Blue Corn  
Tortilla Chips  
Contains: Sesame



1 tsp | 2 tsp  
Hot Sauce



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## HelloCustom

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets  
Calories: 930



10 oz | 20 oz  
Bavette Steak  
Calories: 1020



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 750



HELLO





## BEAN LIQUID

Mashing the beans with their liquid helps contribute a richer flavor and texture to this dish.

## GETTING ZESTY

We like using a microplane for zesting citrus, but you can also use a peeler to remove the surface layer, then mince it.

## BUST OUT

- Paper towels
- Zester
- Medium bowl
- Potato masher
- Medium pan
- Small bowl
- Large pan  
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)  
(1 tsp | 1 tsp)  
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.


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## 1 START PREP

- Wash and dry produce.
- Core, deseed, and cut **green pepper** into ½-inch pieces. Drain **corn**, then pat dry with paper towels. Zest and quarter **lime**.
- Place **beans and their liquid** in a medium bowl; mash with a potato masher or fork until mostly smooth (*it's OK if they're still slightly chunky*).
-  Pat **chicken\*** or **steak\*** dry with paper towels and season generously all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or steak; cook chicken until browned and cooked through, 3-5 minutes per side, or cook steak to desired doneness, 5-7 minutes per side. Transfer to a cutting board.



## 3 FINISH PREP & MIX CREMA

- While black bean skillet cooks, trim and discard root end from **lettuce**; separate leaves and thinly slice.
- In a small bowl, combine **sour cream** and **lime zest**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.




## 2 MAKE SKILLET


- Heat a **drizzle of oil** in a medium pan (**large pan for 4 servings**) over medium-high heat. Add **green pepper** and **corn**. Season with **salt** and **pepper**. Cook, stirring occasionally, until pepper is softened and corn is golden brown and lightly charred in spots, 4-6 minutes.
- Stir in **1 TBSP butter** (**2 TBSP for 4**) until melted. Add **mashed beans** and **juice from half the lime**. Season with **cumin**, **salt**, and **pepper**. Cook, stirring occasionally, until beans are warmed through and liquid is mostly reduced, 1-2 minutes.
- Remove from heat. Stir in **Mexican cheese blend**.





## 4 SERVE

- Serve **black bean skillet** directly from pan or divide between plates. Top with **tortilla chips** (*lightly crushing first*) and **lettuce** in separate sections.
- Drizzle **lime crema** over lettuce and serve with **hot sauce** and **remaining lime wedges** on the side. **TIP: For perfect balance, finish with a squeeze of lime juice right before serving!**

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

 \*Steak is fully cooked when internal temperature reaches 145°.

 Slice **chicken** or **steak** against the grain. Place atop **skillet**  
 along with **tortilla chips** and **lettuce**.