



CHEESY BLACK BEAN ENCHILADAS

with Enchilada Sauce, Cilantro, Pico de Gallo & Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



1/4 oz | 1/4 oz
Cilantro



1 | 2
Red Onion



1 | 1
Lime



1 | 2
Long Green Pepper



1 | 2
Black Beans



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Southwest Spice
Blend



6 | 12
Flour Tortillas
Contains: Soy, Wheat



10 oz | 10 oz
Mild Red Enchilada
Sauce



1/2 Cup | 1 Cup
Mexican Cheese
Blend
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*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: 1060



10 oz | 20 oz
Ground Beef**

Calories: 1240



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 860



HELLO

PICO DE GALLO

A refreshing tomato-based topper for heart baked enchiladas

BUST OUT

- Strainer
- 3 Small bowls
- Large pan
- Small pot
- Potato masher
- Baking dish
- Can opener
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 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, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

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

HOW WAS YOUR MEAL?



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1 PREP

- Adjust rack to top position and preheat oven to 475 degrees. **Wash and dry produce.**
- Dice **tomato**. Roughly chop **cilantro**. Halve, peel, and finely dice **onion**. Quarter **lime**. Core, deseed, and dice **green pepper**. Drain **beans** over a small bowl, reserving **liquid**.



2 MAKE PICO & CREMA

- In a second small bowl, combine **tomato, cilantro, 2 TBSP onion (4 TBSP for 4 servings)**, and a **squeeze of lime juice** to taste. Season with **salt** and **pepper**.
- In a third small bowl, combine **sour cream** with a squeeze of lime juice to taste. Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- Ⓢ Heat a **drizzle of oil** in a large pan over medium-high heat. Open package of **chicken*** and drain off excess liquid. Add **chicken or beef***; season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. (**TIP: If there's excess grease in your pan, carefully pour it out.**) Reserve pan with chicken or beef for the next step.



4 MASH BEANS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **remaining beans**; cook, stirring, until slightly softened, 2-3 minutes.
- Add **3 TBSP bean liquid (5 TBSP for 4 servings)**. (**You may have some bean liquid left over.**) Simmer until warmed through, 1-2 minutes.
- Lower heat, then stir in **1 TBSP butter** and **salt (we used 1/2 tsp)**. (**For 4, use 2 TBSP butter and 1 tsp salt.**)
- Turn off heat; mash with a potato masher or fork until mostly smooth. Season with **pepper**.



5 ASSEMBLE ENCHILADAS

- Spread **tortillas** with **mashed beans**. Place a **small amount of filling** on one half of each tortilla. Roll up tortillas, starting with filled sides, to create **enchiladas**. Place, seam sides down, in an 8-by-11-inch baking dish or large ovenproof pan. (**For 4 servings, use a 9-by-13-inch dish or two smaller ones.**)



3 MAKE FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper**; cook, stirring, until slightly softened, 2-3 minutes.
- Add **remaining onion**; cook until just softened, 2-3 minutes.
- Add **Southwest Spice Blend, half the beans**, and **2 TBSP bean liquid (you'll use more beans and bean liquid later)**. Cook, stirring, until fragrant and warmed through, 2-3 minutes more.
- Season with **salt** and **pepper**. Turn off heat.
- Ⓢ Add **green pepper** to pan with **chicken** or **beef**; cook through the rest of this step as instructed.



6 FINISH & SERVE

- Pour **red enchilada sauce** over **enchiladas** to thoroughly coat. (**You may not need all the sauce.**) Top with **Mexican cheese blend**.
- Bake on top rack until sauce is bubbly and cheese melts, 5-7 minutes.
- Top enchiladas with **lime crema** and **pico de gallo**. Serve directly from baking dish with any **remaining lime wedges** on the side.

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

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