



BLACK BEAN & POBLANO FLAUTAS

with Guacamole & Pico de Gallo

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Roma Tomato



2 | 4
Scallions



1 | 2
Lime



1 | 2
Yellow Onion



1 | 2
Poblano Pepper



13.4 oz | 26.8 oz
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



6 | 12
Flour Tortillas
Contains: Wheat



½ Cup | 1 Cup
Pepper Jack Cheese
Contains: Milk



4 TBSP | 8 TBSP
Guacamole



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk

HELLO

FLAUTAS

Also known as *taquitos*, these rolled tacos are pan-fried for a crispy, golden-brown exterior.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 970

STICK A PIN IN IT

To make sure your flautas stay intact after assembling them in step 4, try securing each with a toothpick. Weave it into the seam sides like you would a safety pin. Just be sure to remove before eating!

BUST OUT

- 2 Small bowls
- Strainer
- Large pan
- Small pot
- Potato masher
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Vegetable oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP)
Contains: Milk

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1 PREP & MAKE PICO

- Wash and dry all produce.
- Finely dice **tomato**. Trim and thinly slice **scallions**. Halve **lime**.
- In a small bowl, combine tomato, scallions, a large squeeze of **lime juice**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Halve, peel, and thinly slice **onion**. Core, deseed, and dice **poblano** into ½-inch pieces. Drain **beans** over a separate small bowl, reserving **liquid**.



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.



2 COOK FILLING

- Heat a drizzle of **oil** in a large pan over medium-high heat. Add **onion** and **poblano**; cook until just softened, 5-6 minutes.
- Add **Southwest Spice** 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 pan from heat.



5 COOK FLAUTAS

- Wash out pan used for filling. Heat a large drizzle of **oil** in same pan over medium-high heat. Add **flautas** seam sides down.
- Cook, carefully turning so flautas stay intact, until golden brown and crispy, 1-2 minutes per side. **TIP: Work in batches if necessary and watch carefully to avoid burning.**



3 MASH BEANS

- 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**.
- Remove pot from heat; mash beans until mostly smooth. Season with plenty of **salt** and **pepper**.



6 SERVE

- Divide **flautas** between plates and top with **guacamole**, **pico de gallo**, and **sour cream**. Alternatively, serve with toppings on the side.