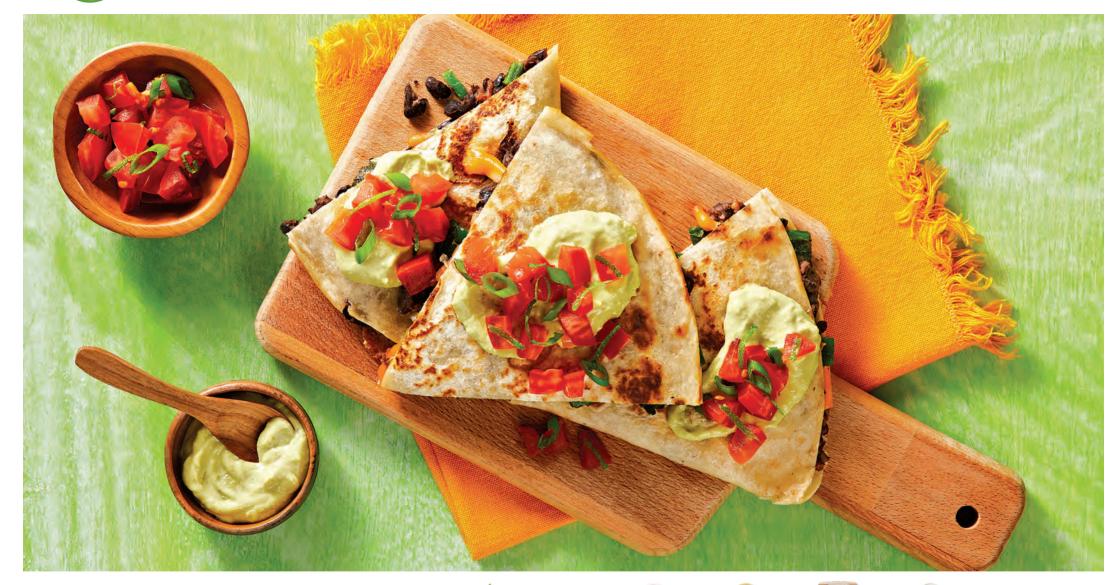
BLACK BEAN AND POBLANO QUESADILLAS

with Salsa Fresca and Creamy Guacamole



HELLO -**CREAMY GUACAMOLE**

Guacamole gets a sassy, spoon-licking upgrade thanks to tangy sour cream and lime juice.

PREP: 10 MIN TOTAL: 25 MIN CALORIES: 910



Scallions

Roma Tomato

Lime



Black Beans

Guacamole

Sour Cream

(Contains: Milk)



Flour Tortillas (Contains: Wheat)







(Contains: Milk)

START STRONG

If you don't have a potato masher on hand to mash the beans, a fork will get the job done just as well.

BUST OUT

- Zester
- Medium pot
 Black pepper

Kosher salt

- Potato masher
- Large pan
- 2 Small bowls
- Vegetable oil (1 TBSP | 1 TBSP)

INGREDIENTS

• Butter (1 TBSP | 1 TBSP) (Contains: Milk)

Ingredient 2-person 4-person
Poblano Pepper 1 2
Scallions 2 4
Roma Tomato 1 2
• Lime 1 2
Black Beans 13.4 oz 26.8 oz
Southwest Spice Blend 1TBSP 2 TBSP
Guacamole 4 TBSP 8 TBSP
Sour Cream 2 TBSP 4 TBSP
Flour Tortillas 2 4
Mexican Cheese Blend ¹ / ₂ Cup 1 Cup
Monterey Jack Cheese ¼ Cup ½ Cup





PREP

Wash and dry all produce. Core, deseed, and dice poblano. Trim and thinly slice scallions, separating whites from greens. Dice tomato. Zest and halve lime (halve both limes for 4 servings).



2 COOK BEANS In a medium pot, combine **beans** and their liquid, **Southwest Spice**, **1 TBSP butter**, **1**⁄4 **tsp salt** (1⁄2 tsp for 4 servings), and **pepper**. Bring to a boil over medium-high heat. Once boiling, reduce heat to medium. Let simmer, uncovered, for 5 minutes, then mash beans until mostly smooth. Continue simmering until mixture has thickened, 3-5 minutes more. Turn off heat; cover to keep warm.



3 COOK POBLANO Meanwhile, heat a drizzle of oil in a large pan over medium-high heat. Add poblano, salt, and pepper. Cook, stirring occasionally, until tender, 6-8 minutes. Stir in scallion whites and cook until softened, 30 seconds to 1 minute. Turn off heat; transfer to a plate. Wipe out pan.



MAKE SALSA FRESCA AND CREAMY GUACAMOLE

In a small bowl, combine **tomato**, scallion greens, lime zest, and a squeeze of lime juice to taste. Season with salt and pepper. In a separate small bowl, combine guacamole, sour cream, and a squeeze of lime juice to taste. Season with salt and pepper.



5 Spread one half of each **tortilla** with a layer of **mashed beans**. (**TIP:** You may have some beans left over. Serve remaining on the side if you like.) Top with **poblano mixture** and both **cheeses**. Fold tortillas in half to create quesadillas.



6 FINISH AND SERVE Heat a large drizzle of **oil** in pan used for poblano over medium heat. Add **quesadillas** and cook until tortillas are golden brown and cheeses are melted, 3-4 minutes per side. (For 4 servings, you may need to work in batches.) Slice quesadillas into wedges and top with **creamy guacamole** and **salsa fresca**.

CHIPS ON THE TABLE

Have any tortilla chips? Serve some on the side to scoop up any leftover creamy guacamole or salsa.



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