

INGREDIENTS

2 PERSON | 4 PERSON



Poblano Pepper 🖠



Roma Tomato



13.4 oz | 26.8 oz Black Beans



4 TBSP | 8 TBSP Guacamole



Flour Tortillas



¼ Cup | ½ Cup Monterey Jack Cheese Contains: Milk



Scallions





1 TBSP | 2 TBSP Southwest Spice Blend



2 TBSP | 4 TBSP Sour Cream Contains: Milk



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

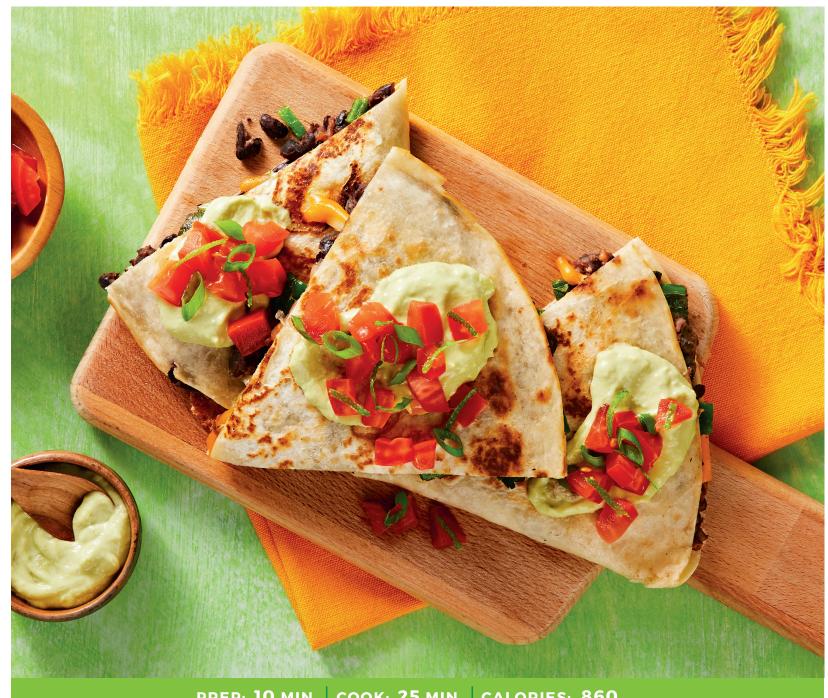
HELLO

CREAMY GUACAMOLE

Guacamole gets a silky, spoonlicking upgrade thanks to tangy sour cream and lime juice.

BLACK BEAN & POBLANO QUESADILLAS

with Salsa Fresca & Creamy Guacamole



PREP: 10 MIN

COOK: 25 MIN

CALORIES: 860



HOW YA BEAN?

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
- Potato masher
- Large pan
- 2 Small bowls
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 1 TBSP)

 Contains Milk

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1 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 (for 4 servings, zest 1 lime and halve both).



2 COOK BEANS

- In a medium pot, combine beans and their liquid, Southwest Spice, 1 TBSP butter, salt (we used ¼ tsp), and pepper. (Use ½ tsp salt for 4 servings.)
 Bring to a boil over medium-high heat.
 Once boiling, reduce heat to medium.
- Simmer, uncovered, for 5 minutes, then mash beans with a potato masher or fork until mostly smooth. Continue simmering until mixture has thickened. 3-5 minutes more.
- Turn off heat; cover to keep warm.



3 COOK VEGGIES

- Meanwhile, heat a drizzle of oil in a large pan over medium-high heat.
 Add poblano, salt, and pepper. Cook, stirring occasionally, until tender,
 5-7 minutes.
- Stir in **scallion whites** and cook until softened. I minute more.
- Turn off heat; transfer to a plate. Wipe out pan.



4 MAKE SALSA & MIX GUAC

- While poblano cooks, 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.



- 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, Mexican cheese, and Monterey Jack.
- Fold tortillas in half to create **quesadillas**.



6 FINISH & 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 have melted, 3-4 minutes per side.
- Slice quesadillas into wedges; divide between plates, top with creamy guacamole and salsa fresca, and serve.