



BLACK BEAN & POBLANO QUESADILLAS

with Salsa Fresca & Creamy Guacamole

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Poblano Pepper



2 | 4
Scallions



1 | 2
Roma Tomato



1 | 2
Lime



13.4 oz | 26.8 oz
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



4 TBSP | 8 TBSP
Guacamole



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



2 | 4
Flour Tortillas
Contains: Wheat



½ Cup | 1 Cup
Mexican Cheese Blend
Contains: Milk



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk

HELLO

CREAMY GUACAMOLE

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



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).



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**.



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.



5 ASSEMBLE QUESADILLAS

- 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**.



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, 1 minute more.
- Turn off heat; transfer to a plate. Wipe out pan.



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.