

INGREDIENTS

2 PERSON | 4 PERSON



Long Green Pepper



Lime



Scallions

Roma Tomato

1 TBSP | 2 TBSP

Southwest Spice Blend

2 4

Flour Tortillas

Contains: Soy, Wheat

13.4 oz | 26.8 oz Black Beans



4 TBSP | 8 TBSP Guacamole



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



2 TBSP | 4 TBSP Sour Cream Contains: Milk



¼ Cup | ½ Cup Monterey Jack Cheese Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

**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 add a protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz ♠ Chicken Breast Strips



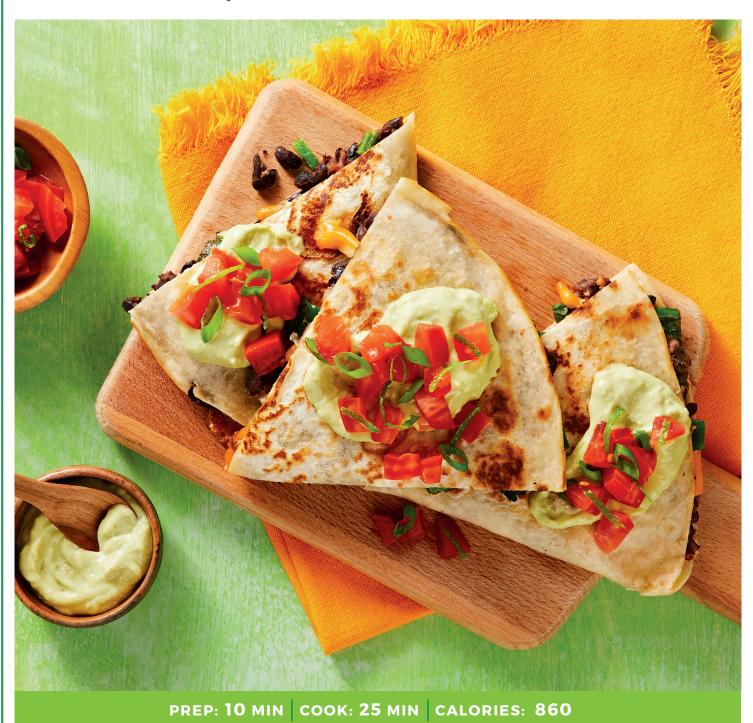
10 oz | 20 oz Ground Beef**



G Calories: 1180

BLACK BEAN & PEPPER QUESADILLAS

with Salsa Fresca & Creamy Guacamole





HELLO

CREAMY GUACAMOLE

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

HOW YA BEAN?

If you don't have a potato masher on hand to mash the beans in step 2, a fork will get the job done just as well.

BUST OUT

- Zester
- Medium bowl
- Medium pot
- 2 Small bowls
- · Mediaili pot
- Potato masher Paper towels §
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) (5 (5)
- Butter (1 TBSP | 1 TBSP)
 Contains: Milk

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- (\$) *Chicken is fully cooked when internal temperature reaches 165°.
- (5) *Ground Beef is fully cooked when internal temperature



1 PREP

- · Wash and dry produce.
- Core, deseed, and dice green pepper.
 Trim and thinly slice scallions, separating whites from greens. Dice tomato. Zest and halve lime (for 4 servings, zest one lime and halve both).



2 COOK BEANS

- In a medium pot, combine beans and their liquid, Southwest Spice Blend, 1TBSP butter, salt (we used ¼ tsp; ½ tsp for 4 servings), and pepper. Bring to a boil over medium-high heat, then immediately 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 green pepper, 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 veggies to a medium bowl. Wipe out pan.
- A Pat chicken* dry with paper towels.
- Heat a **drizzle of oil** in pan used for veggies over medium-high heat. Add chicken or **beef***; season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; stir into bowl with **veggies**. Wipe out pan.



4 MAKE SALSA & MIX GUAC

- While green pepper 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.



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



6 FINISH & SERVE

- Heat a large drizzle of oil in pan used for veggies over medium heat. Working in batches if necessary, add quesadillas and cook until tortillas are golden brown and cheeses melt, 3-4 minutes per side.
- Slice quesadillas into wedges; divide between plates, top with creamy guacamole and salsa fresca, and serve.

WK 27-10