



BLACK BEAN & PEPPER QUESADILLAS

with Salsa Fresca & Creamy Guacamole

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Long Green
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: Soy, Wheat



½ Cup | 1 Cup
Mexican Cheese
Blend
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

Calories: 1060



10 oz | 20 oz
Ground Beef**

Calories: 1180



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 860



HELLO

CREAMY GUACAMOLE

Guacamole gets a silky, spoon-licking 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
- Potato masher
- Paper towels 🍴
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 🍴🍴
- Butter (1 TBSP | 1 TBSP)
Contains: Milk

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🍴 *Chicken is fully cooked when internal temperature reaches 165°.

🍴 *Ground Beef is fully cooked when internal temperature reaches 160°.



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).



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**.



2 COOK BEANS

- In a medium pot, combine **beans and their liquid**, **Southwest Spice Blend**, **1 TBSP 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.



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**.



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.
- 🍴 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.



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.

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