



# ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Red Pepper Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1  
Red Onion



1 | 1  
Lime



1 | 2  
Black Beans



1 TBSP | 2 TBSP  
Southwest Spice Blend



1 | 2  
Tex-Mex Paste



¼ oz | ¼ oz  
Cilantro



4 oz | 8 oz  
Shredded Red Cabbage



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



¼ Cup | ½ Cup  
Monterey Jack Cheese  
Contains: Milk



2 TBSP | 4 TBSP  
Smoky Red Pepper Crema  
Contains: Milk



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



## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Breast Strips Calories: 1030



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 840



HELLO

## SMASHED BLACK BEANS

Beans are simmered with a bounty of spices, then mashed for a hearty taco filling.

## CHARRED, I'M SURE

In step 4, we instruct you to warm your tortillas in the microwave. If you have a few extra minutes, however, you can char your tortillas over the flames of your gas stove instead for fire-touched flavor and a crispier texture. Using tongs and working one at a time, place tortillas directly on the burner until lightly charred on both sides.

## BUST OUT

- Small bowl
- Plastic wrap
- Large pan
- Potato masher
- Large bowl
- Paper towels

- Kosher salt
- Black pepper
- Sugar (**¼ tsp** | **½ tsp**)
- Cooking oil (**1 tsp** | **1 tsp**)
- Olive oil (**1 tsp** | **1 tsp**)
- Butter (**1 TBSP** | **2 TBSP**)

Contains: Milk

## GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



## 1 PICKLE ONION

- Wash and dry produce.
- Halve, peel, and thinly slice **half the onion (whole onion for 4 servings)**. Quarter **lime**.
- In a small microwave-safe bowl, combine **¼ of the sliced onion, juice from half the lime, ¼ tsp sugar (½ tsp for 4), and a pinch of salt and pepper**. Cover with plastic wrap; microwave until bright pink, 30-45 seconds. Set aside.

- 🔄 Pat **chicken\*** dry with paper towels; season all over with **salt and pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 5-7 minutes. Turn off heat; transfer to a plate. Wipe out pan.



## 3 MAKE SLAW

- While beans cook, roughly chop **cilantro**.
- In a large bowl, combine **cabbage, mayonnaise**, half the cilantro, and a **squeeze of lime juice** to taste. Season with **salt and pepper**.



## 2 COOK & SMASH BEANS

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **remaining sliced onion**; cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes.
- Stir in **beans and their liquid, Southwest Spice Blend, and Tex-Mex paste**. Season with **salt and pepper**. Bring to a simmer and cook until liquid has thickened, 4-6 minutes.
- Using a potato masher or fork, mash beans until mostly smooth.
- Remove pan from heat and stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted.

- 🔄 Use pan used for chicken here.



## 4 FINISH & SERVE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with **smashed beans, Monterey Jack, slaw, smoky red pepper crema, pickled onion (draining first), and remaining cilantro**. Serve with any **remaining lime wedges** on the side.

- 🔄 Add **chicken** to **tortillas** along with **smashed beans**.

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