



ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Red Pepper Crema

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Red Onion



1 | 1
Lime



13.4 oz | 26.8 oz
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, Soy



6 | 12
Flour Tortillas
Contains: Wheat



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk



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

HELLO

SMASHED BLACK BEANS

Beans are simmered with bold spices, then mashed until smooth for a hearty taco filling.



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 850



IN A PICKLE

In step 1, you'll microwave some of your sliced onion in a lime-based pickling liquid. The heat not only helps the sugar and salt dissolve but also speeds up the pickling process so you can enjoy extra-tangy onion in a snap. Try this technique again with sliced jalapeños or radishes!

BUST OUT

- Small bowl
- Plastic wrap
- Large pan
- Potato masher
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Sugar (**¼ tsp** | **½ 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](https://www.hellofresh.com)



1 PICKLE ONION

- **Wash and dry all produce.**
- Halve, peel, and thinly slice **half the onion (all 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.



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** and cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes.
- Stir in **beans and their liquid, Southwest Spice,** 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.



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.

WK 32-19