



INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Red Onion



1 | 2
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



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



HelloCustom

2 PERSON | 4 PERSON

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: 1040

ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Smoky Red Pepper Crema

ONE PAN



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



HELLO

SMASHED BLACK BEANS

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

TOP-NOTCH 'TILLAS

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 for smoky, 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 ($\frac{1}{4}$ tsp | $\frac{1}{2}$ tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk
- Cooking oil (1 tsp | 1 tsp)

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



1 PICKLE ONION

- **Wash and dry produce.**
- Halve, peel, and thinly slice **half the onion** (all for **4 servings**). Quarter **lime**.
- In a small microwave-safe bowl, combine $\frac{1}{4}$ of the **sliced onion**, **juice from half the lime**, $\frac{1}{4}$ tsp **sugar** ($\frac{1}{2}$ tsp for 4), and a **pinch of salt and pepper**; cover with plastic wrap. Microwave until bright pink, 30-45 seconds.

- Pat **chicken*** dry with paper towels and 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, 4-6 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** 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.

- 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.

- Fill **tortillas** with **chicken**.

WK 4-21