

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1 Red Onion



1 TBSP | 2 TBSP Southwest Spice Blend



4 oz | 8 oz Shredded Red Cabbage



¼ Cup | ½ Cup Monterey Jack Cheese Contains: Milk



1 | 2 Lime



13.4 oz | 26.8 oz Black Beans



1 | 2 Tex-Mex Paste



1/4 oz | 1/4 oz Cilantro



6 | 12 Flour Tortillas Contains: Wheat



2 TBSP | 4 TBSP

Mayonnaise

Contains: Eggs

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.

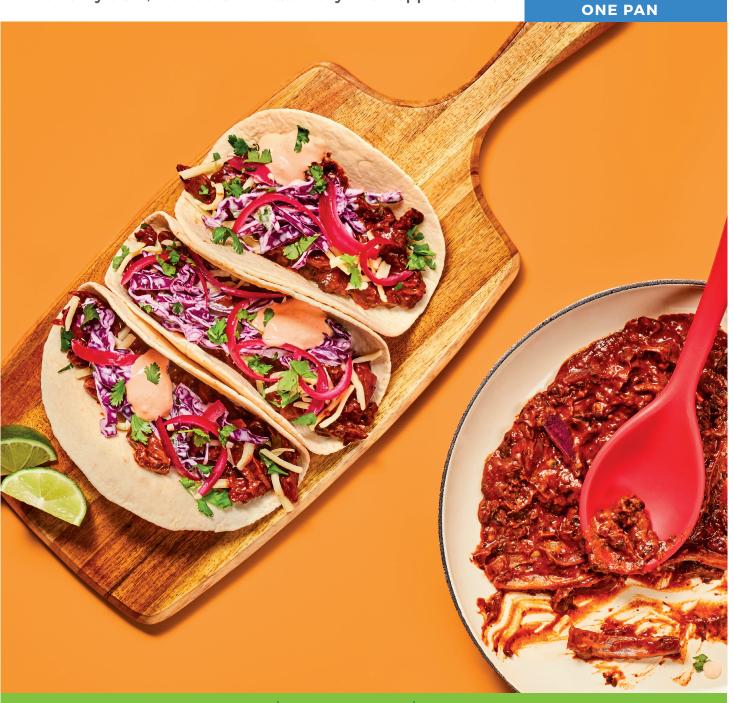


10 oz | 20 oz S Chicken Breast Strips



ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Smoky Red Pepper Crema



PREP: 10 MIN COOK: 20 MIN CALORIES: 850

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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 (¼ tsp | ½ tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
- Cooking oil (1 tsp | 1 tsp)

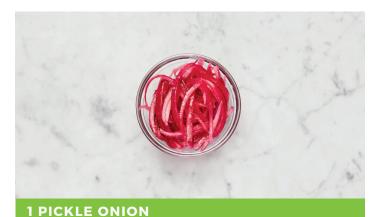
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- · Wash and dry produce.
- Halve, peel, and thinly slice half the onion (all for 4 servings). Ouarter lime.
- In a small microwave-safe bowl combine % of the sliced onion, juice from half the lime, 1/4 tsp sugar (1/2 tsp for 4). and a **pinch of salt 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 mediumhigh 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.