



## 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



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 a bounty of spices, then mashed until smooth for a hearty taco filling.

# ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Red Pepper Crema

ONE PAN



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





## 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 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**)

Contains: Milk

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## 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.



## 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,** 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.