



BLACK BEAN & POBLANO FLAUTAS

with Guacamole, Pico de Gallo & Sour Cream

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Roma Tomato



2 | 4
Scallions



1 | 1
Lime



1 | 2
Yellow Onion



1 | 2
Poblano Pepper



13.4 oz | 26.8 oz
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



6 | 12
Flour Tortillas
Contains: Wheat



½ Cup | 1 Cup
Pepper Jack Cheese
Contains: Milk



4 TBSP | 8 TBSP
Guacamole



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



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.



9 oz | 9 oz
Ground Plant-Based Protein
Contains: Soy, Tree Nuts, Wheat

Calories: 1120



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 970



HELLO

SMASHED BLACK BEANS

Beans are simmered, then mashed until smooth to make a silky base for the savory filling.

SEW SMART

To make sure your flautas stay intact after assembling them in step 4, try securing each with a toothpick. Weave it into the seam sides like you would a safety pin. Just be sure to remove before eating!

BUST OUT

- Strainer
- 2 Small bowls
- Large pan
- Small pot
- Potato masher
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP)
Contains: Milk

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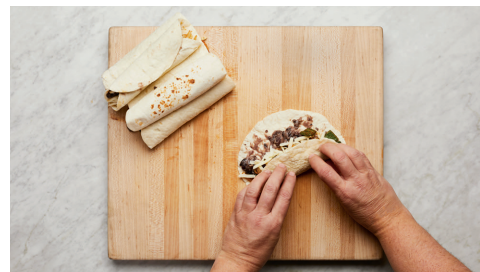
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1 PREP & MAKE PICO DE GALLO

- Wash and dry produce.
- Finely dice **tomato**. Trim and thinly slice **scallions**. Halve **lime**. Halve, peel, and thinly slice **onion**. Core, deseed, and cut **poblano** into ½-inch pieces. Drain **beans** over a small bowl, reserving **liquid**.
- In a separate small bowl, combine tomato, scallions, a **big squeeze of lime juice**, and a **drizzle of olive oil**. Season with **salt** and **pepper**.



4 ASSEMBLE FLAUTAS

- Spread **tortillas** with **mashed beans**. Place a **small amount of filling** on one half of each tortilla, then sprinkle with **pepper jack**.
- Roll up tortillas, starting with filled sides, to create **flautas**. Place seam sides down on a plate.
- Wash out pan.



2 COOK FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and **poblano**; cook, stirring occasionally, until just softened, 5-6 minutes.
- Add **Southwest Spice** and **half the beans (you'll use the rest in the next step)**. Cook, stirring, until fragrant and warmed through, 2-3 minutes. Season with **salt** and **pepper**. Remove from heat.

- Add **half the plant-based protein* (all for 4 servings)** to pan with **onion** and **poblano**; cook, stirring occasionally until veggies are softened and plant-based protein is browned and warmed through, 5-6 minutes. Cook through the rest of the step as instructed.



5 COOK FLAUTAS

- Heat a **large drizzle of oil** in same pan over medium-high heat. Add **flautas** seam sides down. Cook, carefully turning so they stay intact, until golden brown and crispy, 1-2 minutes per side. **TIP: Work in batches if necessary and watch carefully to avoid burning.**



3 MASH BEANS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **remaining beans** and cook, stirring, until slightly softened, 2-3 minutes.
- Add **¼ cup reserved bean liquid (½ cup for 4 servings)**. Simmer until warmed through, 1-2 minutes.
- Reduce heat to low and stir in **1 TBSP butter** until melted.
- Remove pot from heat; mash beans until mostly smooth. Season with **plenty of salt and pepper**.



6 SERVE

- Divide **flautas** between plates and top with **guacamole**, **pico de gallo**, and **sour cream**. (Alternatively, serve with **toppings on the side for dipping**.) Cut **remaining lime half** into wedges and serve on the side.

*Ground Plant-Based Protein is fully cooked when internal temperature reaches 165°.