



Cooking Made Easy

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Poblano & Portobello Fajitas

with Fresh Guacamole



These fajitas are piled high with toppings: homemade refried beans, guacamole, and plenty of sautéed veggies. Poblano brings a nice, mild heat to the plate – be sure to cool it off with some tangy sour cream. Who knows, maybe Fajita Fridays will become the new Taco Tuesdays!



45 min



level 2



nut free



veggie



Flour Tortillas



Poblano Pepper



Portobello Mushrooms



Avocado



Onion



Cumin



Garlic



Cilantro



Tomato



Sour Cream



Lime



Black Beans

Ingredients	2 People	4 People
Poblano Pepper	1	2
Portobello Mushrooms	2	4
Avocado	1	2
Lime	1	2
Cumin	1 t	2 t
Onion	1	2
Garlic	2 cloves	4 cloves
Flour Tortillas	1)	4
Cilantro	1 bunch	2 bunches
Tomato	1	2
Sour Cream	2)	2 T
Black Beans	1 can	2 cans
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Small Pot, Large Straight-Sided Pan, Medium Pan

Ruler

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Nutrition per person Calories: 739 cal | Carbs: 105 g | Fat: 29 g | Protein: 27 g | Fiber: 22 g



1 Preheat oven to 400 degrees. **HINT:** If you have a microwave, no need to preheat the oven! Core, seed, and remove white veins from the **poblano pepper**, then thinly slice. Halve, peel, and thinly slice the **onion**. Thinly slice the **portobello mushrooms**. Halve the **lime**. Finely chop the **tomato** and **cilantro**, keeping the stems and leaves separate. Mince the **garlic**.



2 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **onions, sliced pepper**, and **half the cumin** to the pan, then season with **salt** and **pepper**. Cook, tossing, for 5-7 minutes, or until slightly caramelized. Set aside.



3 Halve, pit, and scoop out the flesh of the **avocado**. Using a fork, mash the avocado in a bowl with a squeeze of **lime**. Stir in the **chopped tomato** and ¾ the **cilantro leaves**. Season with **salt** and **pepper** and set aside.



4 In the same pan you cooked the peppers in, heat another 1 tablespoon **olive oil** over medium heat. Add the **mushrooms** and season with **salt** and **pepper**. Cook, tossing, for about 5 minutes, or until golden brown. Add the **garlic** and cook for another 30 seconds, until fragrant. Set aside.

5 In a small pot, heat the entire can of **black beans** (including the liquid!) with the **cilantro stems** and the **remaining cumin** over medium heat. Cook for about 4-5 minutes, until heated through, then mash with a fork until smooth. Season with **salt** and **pepper**.

6 Meanwhile, wrap the **tortillas** in aluminum foil, then warm in the oven for 5 minutes. Or, wrap them in a damp paper towel and microwave for 30 seconds on high.

7 Fill each **tortilla** with **onions, peppers, mushrooms** and **black beans**. Top with a dollop of **sour cream**, a spoonful of **guacamole**, and a sprinkle of the **remaining cilantro**. Olé!