



BLACK BEAN & GREEN PEPPER FLAUTAS

with Guacamole, Pico de Gallo & Sour Cream

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



2 | 4
Scallions



1 | 1
Lime



1 | 2
Onion



1 | 2
Long Green
Pepper



1 | 2
Black Beans



1 TBSP | 2 TBSP
Southwest Spice
Blend



6 | 12
Flour Tortillas
Contains: Soy, Wheat



½ Cup | 1 Cup
Pepper Jack
Cheese
Contains: Milk



4 TBSP | 8 TBSP
Guacamole



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 1090



10 oz | 20 oz
Ground Beef**

Calories: 1270



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 910



HELLO

MASHED BLACK BEANS

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

SEW SMART

Weave a toothpick into the seam of each tortilla (like a safety pin) to secure flautas. Be sure to remove before eating!

BUST OUT

- Strainer
 - Small pot
 - 2 Small bowls
 - Potato masher
 - Large pan
 - Paper towels
 - 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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*Chicken is fully cooked when internal temperature reaches 165°.

*Ground Beef is fully cooked when internal temperature reaches 160°.



1 PREP & MAKE PICO

- **Wash and dry produce.**
- Finely dice **tomato**. Trim and thinly slice **scallions**. Halve **lime**. Halve, peel, and thinly slice **onion**. Core, deseed, and cut **green pepper** 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 or work surface.
- Wash out pan.



2 COOK FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and **green pepper**; cook, stirring occasionally, until just softened, 5-6 minutes.
- Add **Southwest Spice Blend** 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.

- Pat **chicken*** dry with paper towels.
- Add chicken or **beef*** to pan along with **onion** and **green pepper**; cook, stirring frequently, until meat is cooked through and veggies are softened, 4-6 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, turning carefully 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.