



INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



¾ Cup | 1½ Cups
Jasmine Rice



1 | 2
Poblano Pepper



13.4 oz | 26.8 oz
Black Beans



1 | 2
Roma Tomato



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Southwest Spice
Blend



7.06 oz | 14.12 oz
Green Salsa



½ Cup | 1 Cup
Pepper Jack
Cheese
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.



10 oz | 20 oz
Chicken Breast
Strips

Calories: 1110

FRIJOLES FRESCA BOWLS

with Scallion Rice & Pepper Jack

HALL OF FAME



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 920



HELLO FRESH

HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

SPOONFUL OF SUGAR

In step 5, you'll be adding a bit of sugar to your frijoles. Rather than turning the beans into a dessert course, the sugar helps balance out the acidity of the green salsa for a delicious depth of flavor.

BUST OUT

- Small pot
- Strainer
- 2 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**1 tsp | 1 tsp**)
- Olive oil (**1 TBSP | 1 TBSP**)
- Sugar (**½ tsp | 1 tsp**)
- Butter (**2 TBSP | 3 TBSP**
Contains: Milk)
- Paper towels
- Cooking oil (**1 tsp | 1 tsp**)

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*Chicken is fully cooked when internal temperature reaches 165°.



1 COOK RICE

- Wash and dry produce.
- Trim and thinly slice **scallions**, separating whites from greens.
- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites** and cook until softened, 1 minute.
- Stir in **rice** and **1¼ cups water (2¼ cups for 4 servings)**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15–18 minutes.
- Keep covered off heat until ready to serve.



2 PREP & MAKE SALSA

- While rice cooks, finely dice **tomato**. Core, deseed, and dice **poblano** into $\frac{1}{2}$ -inch pieces. Drain and rinse **beans**.
- In a small bowl, combine tomato, **half the scallion greens**, and a **large drizzle of olive oil**. Season generously with **salt** and **pepper**.



3 MAKE CREMA

- In a second small bowl, combine **sour cream** with **½ tsp Southwest Spice (1 tsp for 4 servings)**. (You'll use the remaining Southwest Spice later.) Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.

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 in a single layer; cook until browned and cooked through, 4–6 minutes. Transfer to a plate and set aside.



4 COOK POBLANO

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **poblano** and cook, stirring occasionally, until softened and lightly browned, 4–5 minutes. Season with **salt** and **pepper**.
- Reduce heat to medium.

Use pan used for chicken here.



5 COOK BEANS

- Stir **beans**, **remaining Southwest Spice**, and **1 TBSP butter (2 TBSP for 4 servings)** into pan with **poblano**. Cook, stirring, until mixture is fragrant and butter has melted, 1–2 minutes.
- Stir in **green salsa** and **½ tsp sugar (1 tsp for 4)**. Cook, stirring occasionally, until beans are softened, 1–3 minutes. Season with **salt** and **pepper**. Turn off heat.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** until melted.
- Divide rice between bowls and top with **bean mixture**, **pepper jack**, **salsa fresca**, and **crema**. Garnish with **remaining scallion greens** and serve.

Top bowls with **chicken**.