



MAR
2017

Skillet Chilaquiles

with Black Beans, Pickled Radish and Sour Cream

Chilaquiles is Mexican comfort food at its finest. Traditionally, a pile of fried tortillas is topped with spicy sauces, plenty of cheese, and even fried eggs. Our version takes advantage of fiery abodo sauce in a deliciously smoky black bean topping. A sprinkle of crisp radish salad and cheddar cheese will make this a dish you won't want to share!



Black Beans



Tortilla Chips



Radishes



Diced Tomatoes



Green Onions



Garlic



Mexican Seasoning



Cayenne



Lime



Cilantro




Cheddar Cheese



Sour Cream

Ingredients

		2 People
Black Beans		1 box
Tortillas Chips	2)	1 pkg (85 g)
Radishes, sliced		1 pkg (56 g)
Diced Tomatoes		1 can
Green Onions		2
Garlic		1 pkg (10 g)
Mexican Seasoning		½ pkg (1½ tsp)
Cayenne 		1 pkg (1 tsp)
Lime		1
Cilantro		1 pkg (10 g)
Cheddar Cheese, shredded	1)	1 pkg (1 cup)
Sour Cream	1)	1 pkg (3 tbsp)
Sugar*		½ tsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé

Tools

Strainer, Zester, Small Pan, Measuring Spoons, Small Bowl, Large Oven-Proof Pan

Nutrition per person Calories: 781 cal | Fat: 38 g | Protein: 35 g | Carbs: 69 g | Fibre: 19 g | Sodium: 821 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Preheat the broiler to high (to broil the chilaquiles).

5



2 Prep: Wash and dry all produce. Drain and rinse the **black beans**. Thinly slice the **green onions**, keeping the **whites** and **greens** separate. Zest, then juice the **lime**. Roughly chop the **cilantro**.

3 Pickle the veggies: Heat a small pan over medium-low heat. Add the **radish**, **lime juice** and **sugar**. Cook for 3-4 min. Transfer the radish and liquid to a small bowl. Season with **salt**.

6



4 Make the salsa: Heat the same pan over medium-high heat. Add the **diced tomatoes**, **garlic**, **green onion whites**, **half the cilantro** and **2 tbsp pickle liquid**. Break up the tomatoes into smaller pieces with a wooden spoon. Cook until slightly thickened, 4-5 min.

5 Make the black bean mixture: Meanwhile, heat a large oven-proof pan over medium heat. Add a drizzle of **oil**, then the **green onion greens**, **black beans**, **1½ tsp Mexican seasoning** and as much **cayenne** as you like. Cook, stirring occasionally, until warmed through, 4-5 min. Season with **salt** and **pepper**. Transfer to a plate.

6 Bake the chilaquiles: Mound the **tortilla chips** in the same pan. Top with the **black bean mixture** and **salsa**. Sprinkle with **cheddar cheese**. Broil in the centre of the oven until the cheese is melted and bubbly, 4-5 min. (**TIP:** If you don't have an oven-proof pan, assemble the chilaquiles in a baking dish!)

7 Finish and serve: Remove the pan from the oven and top with the **pickled radishes**, **lime zest** and **remaining cilantro**. Serve with a dollop of **sour cream** and enjoy!

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