



SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Smoky Red Pepper Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



1 | 2
Lime



13.4 oz | 26.8 oz
Black Beans



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Tex-Mex Paste



¼ oz | ¼ oz
Cilantro



4 oz | 8 oz
Coleslaw Mix



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



6 | 12
Flour Tortillas
Contains: Wheat



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk



2 TBSP | 4 TBSP
Smoky Red Pepper Crema
Contains: Milk, Soy

HELLO

SMASHED BLACK BEANS

Beans are simmered with a bounty of spices, then mashed until smooth for a hearty taco filling.



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 850

IN A PICKLE

In step 1, you'll microwave some of your sliced onion in a lime-based pickling liquid. The heat not only helps the sugar and salt dissolve but also speeds up the pickling process so you can enjoy extra-tangy onion in a snap. Try this technique again with sliced jalapeño or radish!

BUST OUT

- Small bowl
- Plastic wrap
- Large pan
- Potato masher
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Sugar (¼ tsp | ½ tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)

Contains: Milk

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1 PREP & PICKLE ONION

- **Wash and dry all produce.**
- Halve, peel, and thinly slice **onion**. Quarter **lime**.
- In a small microwave-safe bowl, combine ¼ of the onion, juice from half the **lime**, ¼ **tsp sugar** (½ **tsp for 4 servings**), and a pinch of **salt** and **pepper**; cover with plastic wrap. Microwave until bright pink, 30-45 seconds.



3 MAKE SLAW

- While beans cook, roughly chop **cilantro**.
- In a large bowl, combine **coleslaw mix**, **mayonnaise**, half the cilantro, and a squeeze of **lime juice** to taste. Season with **salt** and **pepper**.



2 COOK & SMASH BEANS

- Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add remaining **onion** and cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes.
- Stir in **beans** and their **liquid**, **Southwest Spice**, and **Tex-Mex paste**. Season with **salt** and **pepper**. Bring to a simmer and cook until liquid has thickened, 4-6 minutes.
- Using a potato masher or fork, mash beans until mostly smooth. Remove pan from heat and stir in **1 TBSP butter** (2 **TBSP for 4 servings**).



4 FINISH & SERVE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with **smashed beans**, **Monterey Jack**, **slaw**, **smoky red pepper crema**, **pickled onion** (draining first), and remaining **cilantro**. Serve with any remaining **lime wedges** on the side.