

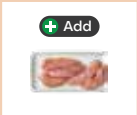


Sweet Pepper and Black Bean Taquitos

with Monterey Jack Cheese and Fresh Salad

Veggie

30 Minutes



Chicken Breasts
Tenders*
310 g | 620 g

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Black Beans
1 | 2



Flour Tortillas
6 | 12



Sweet Bell
Pepper
1 | 2



Baby Tomatoes
113 g | 227 g



Yellow Onion
1 | 2



Spring Mix
56 g | 113 g



Monterey Jack
Cheese, shredded
1 cup | 2 cups



Tomato Sauce
Base
2 tbsp | 4 tbsp



Chipotle Sauce
2 tbsp | 4 tbsp



Enchilada Spice
Blend
1 tbsp | 2 tbsp



Rice Vinegar
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper, sugar

Cooking utensils | Baking sheet, measuring spoons, silicone brush, strainer, large bowl, parchment paper, large non-stick pan

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Halve **tomatoes**.

2



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, **onions** and **three-quarters of the peppers**.
- Cook, stirring occasionally, until softened and golden, 5-6 min.
- Meanwhile, using a strainer, drain and rinse **black beans**.
- Add **black beans** to a large bowl, then, using the back of a fork, lightly mash until they just burst.

3



Finish taquito filling

- Add **Enchilada Spice Blend** to **veggies**. Cook, stirring often, until fragrant, 30 sec.
- Remove the pan from heat. Add **tomato sauce base**, **chipotle sauce** and **black beans**.
- Season with **salt** and **pepper**, then stir to combine.

4



Assemble and bake taquitos

- Arrange **tortillas** on a clean surface.
- Using a spoon, divide **bean mixture** down the middle of **each tortilla**.
- Sprinkle **half the cheese** over top.
- Roll **tortillas** tightly over **filling**, then arrange them on a parchment-lined baking sheet, seam-side down.
- Brush **taquitos** with **1 tsp** (2 tsp) **oil**, then sprinkle **remaining cheese** over top.
- Bake in the **middle** of the oven until golden-brown, 7-10 min.

5



Prep salad dressing

+ Add | **Chicken Breast Tenders**

- Meanwhile, add **vinegar**, **1 tbsp** (2 tbsp) **oil**, and **¼ tsp** (½ tsp) **sugar** to the same bowl used to mash **black beans**.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

- Add **tomatoes**, **spring mix** and **remaining peppers** to the bowl with **dressing**. Toss to coat.
- Divide **taquitos** and **salad** between plates.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

5 | Cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels, then season with **salt** and **pepper**. Carefully wipe the pan (from step 3) clean and reheat over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden and cooked through, 2-3 min per side.**

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Serve **chicken tenders** alongside.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.