



# Chipotle Black Bean Tacos

with Avocado and Cilantro

Veggie Optional Spice 30 Minutes



Black Beans



White Quinoa



Mexican Seasoning



Chipotle Powder



Vegetable Broth Concentrate



Red Onion



Garlic



Lime



Flour Tortillas, 6-inch



Cilantro



Spring Mix



Mini Cucumber



Avocado



Tomato Sauce Base

HELLO CHIPOTLE

*This flavourful chili is made by smoking dried red jalapeno!*

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 2 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust out

Microplane/zester, measuring spoons, strainer, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
White Quinoa	½ cup	1 cup
Mexican Seasoning	1 tbsp	2 tbsp
Chipotle Powder 🌶️	1 tsp	2 tsp
Vegetable Broth Concentrate	1	2
Red Onion	56 g	113 g
Garlic	3 g	6 g
Lime	1	2
Flour Tortillas, 6-inch	6	12
Cilantro	7 g	14 g
Spring Mix	56 g	113 g
Mini Cucumber	66 g	132 g
Avocado	1	2
Tomato Sauce Base	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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## Prep

Drain and rinse **black beans** in a strainer. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Halve **cucumbers** lengthwise, then cut into ¼-inch half-moons. Zest, then juice **lime**. Roughly chop **cilantro**.



## Prep avocado

While **taco filling** cooks, peel, pit, then cut **avocado** into ¼-inch pieces. Combine **avocado, lime zest** and **half the lime juice** in a small bowl. Season with **salt and pepper**.



## Start taco filling

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions, garlic, Mexican Seasoning, tomato sauce base** and **½ tsp chipotle powder**. (NOTE: Reference Heat Guide.) Season with **salt and pepper**. Cook, stirring frequently, until **onions** are soft and **spices** are fragrant, 3-4 min.



## Make salad and warm tortillas

Combine **remaining lime juice, ½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **cucumbers** and **spring mix**. Season with **salt and pepper**, then toss to coat. Wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 1 min. (You can skip this step if you don't want to warm the tortillas!)



## Finish taco filling

Stir in **quinoa, broth concentrate** and **1 ½ cups water** (dbl for 4 ppl). Bring to a boil over medium-high, then stir in **black beans**. Cover and reduce heat to medium. Cook until **quinoa** is tender and liquid is absorbed, 13-15 min. Remove from heat. Let stand, still covered, 2-3 min.



## Finish and serve

Divide **tortillas** and **salad** between plates. Top **tortillas** with **taco filling** then, **avocado**. Sprinkle **cilantro** over top.

## Dinner Solved!