



# SWEET POTATO AND BLACK BEAN TACOS

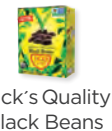
with Avocado Crema and Cilantro



## HELLO VEGGIE TACOS

Sweet potatoes, beans, and avocado are here to steal the show.

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 820





## START STRONG

Cut your sweet potatoes on the small side: ½-inch cubes are ideal. That way, they'll be less likely to fall out of the taco as you go in for a bite.

## BUST OUT

- Baking sheet
- Strainer
- Zester
- Large pan
- Aluminum foil
- Olive oil (2 TBSP | 4 TBSP)
- Medium bowl

## INGREDIENTS

Ingredient 2-person | 4-person

- |                              |                     |
|------------------------------|---------------------|
| • Sweet Potatoes             | 2   4               |
| • Yellow Onion               | 1   1               |
| • Cilantro                   | ¼ oz   ¼ oz         |
| • Garlic                     | 2 Cloves   4 Cloves |
| • Jack's Quality Black Beans | 6.7 oz   13.4 oz    |
| • Lime                       | 1   2               |
| • Flour Tortillas            | 6   12              |
| • Honey                      | ½ oz   1 oz         |
| • Cumin                      | 1 tsp   2 tsp       |
| • Avocado                    | 1   2               |
| • Sour Cream                 | 4 TBSP   8 TBSP     |

## WINE CLUB

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## 1 ROAST SWEET POTATOES

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 400 degrees. Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with **1 TBSP olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and lightly browned, about 20 minutes.



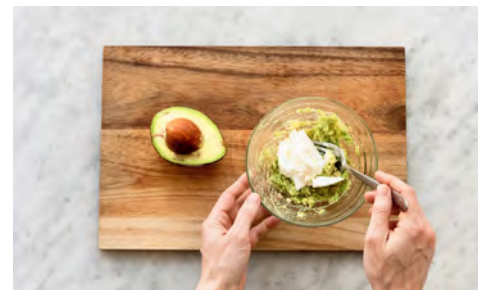
## 4 WARM TORTILLAS AND TOSS FILLING

Wrap **tortillas** in foil and place in oven to warm, about 5 minutes. (**TIP:** Alternatively, wrap tortillas in a damp paper towel and microwave on high until warm, about 30 seconds.) Toss **sweet potatoes, honey, cumin,** and **juice** from one lime half into pan with **beans** and cook until liquid is mostly evaporated, 2-3 minutes. Season with **salt** and **pepper**.



## 2 PREP

Meanwhile, halve, peel, and dice **onion**. Pick **cilantro leaves** from stems; discard stems. Mince or grate **garlic**. Drain and rinse half the **beans** from the box (use the rest as you like). Zest ½ tsp zest from **lime**, then cut into halves.



## 5 MAKE AVOCADO CREMA

Halve, pit, and peel **avocado**. Cut one half into thin slices. Roughly chop other half and place in a medium bowl along with **sour cream, juice** from remaining lime half, and **lime zest**. Mash with a fork until mostly smooth. Season with **salt** and **pepper**.



## 3 COOK AROMATICS AND BEANS

Heat **1 TBSP olive oil** in a large pan over medium heat. Add **onion** and cook, tossing occasionally, until softened, 5-6 minutes. Season with **salt** and **pepper**. Add **garlic** and **beans** to pan. Cook, tossing, until fragrant and warmed through, 3-4 minutes.



## 6 ASSEMBLE TACOS

Spread **avocado crema** onto **tortillas**, then top each with **filling, avocado slices,** and **cilantro**. **TIP:** Break out the hot sauce if you like it spicy.

## PHENOMENAL!

Use leftover beans or filling to make taco bowls with rice.

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