



**GREEN
CHEF**

BLACK BEAN FLAUTAS

kale salad with broiled corn, guacamole, chipotle aioli

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1150

MENU

VEGAN

Pan-frying the flautas in tonight's Tex-Mex dinner gives the flour tortillas a crispy golden-brown exterior and delivers a craveable contrast to the silky spiced bean filling. Guacamole—one of our favorite plant-based condiments—is dolloped over the top for cooling creaminess in every bite. A kale salad piled on the side gets pops of sweet-smoky flavor from broiled corn and onion, completing the meal with a nutritious crunch.

INGREDIENTS (11 ITEMS)

13¼ oz	Black beans
1 whole	Yellow onion
2¾ oz	Green kale
1 whole	Roma tomato
2¾ oz	Corn
2¼ oz	Roasted red peppers
1½ tsp	Orange-chili spice blend
2¼ oz	Vegan chipotle-lime aioli
6 whole	Flour tortillas <small>W</small>
4 oz	Guacamole
½ oz	Pepitas

WHAT YOU'LL NEED

medium sauté pan
large nonstick pan
baking sheet
mixing bowls
measuring spoons
strainer
potato masher
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Set oven to low broil with rack in the center.
- Strain and rinse **black beans**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

***The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 MASH BEANS

- Place **beans** in a medium bowl. Mash with a potato masher (or fork) into a chunky purée.

3 BROIL CORN & ONION

- Place **corn** and **onion** on a lightly oiled, foil-lined baking sheet. Drizzle with about 2 tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread out in a single layer.
- Broil 5–6 minutes, or until lightly browned, stirring halfway through.

4 COOK FILLING

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **roasted red peppers** to hot pan. Cook 2–3 minutes, or until warmed through, stirring occasionally.
- Add **mashed beans**. Season with **orange-chili spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 1–2 minutes, or until beans are warmed through, stirring occasionally. Remove from heat.

5 MAKE SALAD

- Place **kale** in a second medium bowl. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **tomato** to bowl. Transfer **corn and onion** to bowl. Drizzle with about 2 tablespoons **vegan chipotle-lime aioli**. Toss to combine. Season with salt and pepper to taste.

6 ASSEMBLE & FRY FLAUTAS

- Spread 2–3 tablespoons **filling** on one half of each **flour tortilla**. Roll **tortillas** to enclose filling, making a total of six **flautas**. Place, seam sides down, on a plate.
- Heat about 1 tablespoon cooking oil in a large nonstick pan over medium heat. Add three **flautas**, seam sides down, to hot pan. Cook 1–2 minutes on each side,* or until golden brown and crispy.** Transfer **flautas** to a plate.
- Repeat process with remaining **flautas**.

**Keep an eye on the flautas while they cook to prevent them from burning.*

***If the pan seems dry while cooking, add another teaspoon cooking oil.*

7 PLATE YOUR DISH

- Divide **black bean flautas** between plates. Top with **guacamole** and drizzle with remaining **vegan chipotle-lime aioli**. Serve **kale salad** on the side. Garnish salad with **pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (597g)

Amount per serving

Calories 1150

	% Daily Value*
Total Fat 78g	100%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1460mg	63%
Total Carbohydrate 91g	33%
Dietary Fiber 15g	54%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 228mg	20%
Iron 6mg	35%
Potassium 1422mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Black Beans [organic black beans, water, sea salt, calcium chloride (firming agent)], **Roasted Red Peppers** [bell pepper], **Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Dried Oregano), **Green Kale**, **Corn** [corn], **Yellow Onion**, **Roma Tomatoes**, **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Pepitas** [pumpkin seed kernels], **Chipotle-Lime Aioli** (Vegan Mayonnaise [sunflower oil, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sweet Paprika, Smoked Paprika, Ground Chipotle Pepper, White Pepper, Granulated Garlic, Lime Juice [lime], Sea Salt)

Allergen information:

Contains Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.