



#### In your box

- ¼ oz. Cilantro
- 1 Lime
- 15 ½ oz. Black Beans
- 6 oz. Sliced Plantains
- 1 tsp. Fajita Seasoning
- 1 oz. Crispy Jalapeños
- 1 Poblano Pepper
- 1 Shallot
- 2 oz. Queso Fresco
- 6 Small Flour Tortillas

#### Customize It Options

- 10 oz. USDA Choice Sliced Flank Steak
- 8 oz. Shrimp
- 10 oz. Steak Strips

\*Contains: milk, wheat

#### You will need

- Olive Oil, Salt, Pepper
- Wire-Mesh Strainer, Mixing Bowl, Large Non-Stick Pan



## Spicy Plantain and Black Bean Tacos

with queso fresco and poblano pepper

NUTRITION per serving—Calories: 771, Carbohydrates: 110g, Fat: 27g, Protein: 21g, Sodium: 1521mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

20-30 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Medium

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **cilantro**

### Customize It Instructions

- Meat lovers! If using **steak strips** or **flank steak**, separate into a single layer and pat dry. Season with a pinch of **salt** and a pinch of **pepper**. Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil** and steak to pan. Stir occasionally until no pink remains and steak strips reach a minimum internal temperature of 145 degrees, 4-6 minutes. If using **shrimp**, season with a pinch of **salt** and **pepper** and heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes. Add to tacos as desired.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

### Prepare the Ingredients

- Drain and rinse **black beans** in a wire-mesh strainer.
- Mince **cilantro** (no need to stem).
- Cut **sliced plantains** into ½" dice.
- Halve **lime** lengthwise. Cut one half into wedges and juice the other half.
- Peel and halve **shallot**. Slice halves into thin strips.
- Stem **poblano pepper**, seed, and cut into ¼" dice. *Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.*



2

### Pickle the Shallot

- In a mixing bowl, combine **shallot**, **lime juice**, and a pinch of **salt** and **pepper**. Set aside at least 5 minutes.
- While shallot pickles, start filling.



3

### Start the Filling

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **plantain** and **poblano** (to taste) to hot pan and stir occasionally until lightly charred, 2-3 minutes.



4

### Finish the Filling

- Add **black beans**, half the **cilantro** (reserve remaining for garnish), and **seasoning blend** to pan and stir occasionally until beans are warmed through, 1-2 minutes.
- Remove from burner and season with ¼ tsp. **salt** and a pinch of **pepper**.



5

### Warm Tortillas and Finish Dish

- Wrap **tortillas** in a damp paper towel and microwave, 30-60 seconds.
- Plate dish as pictured on front of card, placing **filling** inside tortillas and garnishing with reserved **cilantro**, **pickled shallot** (to taste), **queso fresco**, and **crispy jalapeños** (to taste). Squeeze **lime wedges** over to taste. Bon appétit!