

Black Bean & Smoked Gouda Flautas

VEGETARIAN

with Tomatillo Sour Cream

🕒 30-40 MINS | 2 SERVINGS

This take on the classic Mexican dish (whose name is a reference to its flute-like shape) features flour tortillas stuffed with a creamy black bean filling, then tightly rolled and lightly pan-fried on all sides for satisfying crunch. A zesty sour cream dipping sauce and a vibrant slaw of cabbage tossed with lime juice and zest adds bright, punchy flavor to this dish.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



4
FLOUR TORTILLAS



1 15.5-oz can
BLACK BEANS



1 oz
SLICED PICKLED
JALAPEÑO PEPPER



2 Tbsps
MAYONNAISE



1/3 cup
TOMATILLO-
POBLANO SAUCE



1/2 lb
RED CABBAGE



1
LIME



2 oz
SMOKED GOUDA
CHEESE



1/4 cup
SOUR CREAM



1 Tbsp
MEXICAN SPICE
BLEND*

*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare the ingredients:

- Wash and dry the fresh produce.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Zest the **lime** to get 1 teaspoon (if you don't have a zester, use a peeler to remove the green rind of the lime, avoiding the white pith; mince the rind). Quarter the lime.
- Drain and rinse the **beans**.
- Grate the **cheese** on the large side of a box grater.
- Roughly chop the **pepper**. Thoroughly wash your hands and cutting board immediately after handling.
- In a bowl, whisk together the **sour cream** and **half the tomatillo-poblano sauce**; season with salt and pepper.



2 Make the slaw:

- In a large bowl, combine the **mayonnaise**, **lime zest**, and the **juice of 2 lime wedges**.
- Add the **sliced cabbage** and toss to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Make the filling:

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **drained beans** and **spice blend**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined.
- Add the **remaining tomatillo-poblano sauce** (carefully, as the liquid may splatter) and **¼ cup of water**. Cook, stirring frequently and mashing the beans with the back of a spoon, 3 to 4 minutes, or until thickened.
- Transfer to a bowl. Stir in the **grated cheese** and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.
- Rinse and wipe out the pan.



4 Assemble the flautas:

- Place the **tortillas** on a work surface.
- Evenly divide the **filling** among the centers of the tortillas; tightly roll up each tortilla around the filling.



5 Cook the flautas & serve your dish:

- In the same pan, heat a thin layer of oil on medium until hot.
- Carefully add the **flautas**, seam side down. Cook, without turning, 2 to 3 minutes, or until lightly browned. Continue to cook, turning occasionally, 4 to 5 minutes, or until browned and crispy on all sides.
- Transfer to a paper towel-lined plate; immediately season with salt. Let cool at least 2 minutes.
- Serve the **cooked flautas** with the **slaw**. Serve the **tomatillo sour cream** and **remaining lime wedges** on the side. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: 720, Total Carbohydrates: 78g, Dietary Fiber: 15g, Added Sugar: 0g, Total Fat: 36g, Saturated Fat: 13g, Protein: 28g, Sodium: 2020mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.
Blue Apron, LLC New York, NY 10005

Share your photos with #blueapron