

Black Bean & Smoked Gouda Flautas

with Tomatillo Sour Cream











2 SERVINGS | 30-40 MINS

 **Blue Apron**
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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.

Ingredients

-  4 Flour Tortillas
-  1 15.5-oz can Black Beans
-  1 Lime
-  ½ lb Red Cabbage
-  2 oz Smoked Gouda Cheese
-  ⅓ cup Tomatillo-Poblano Sauce
-  1 oz Sliced Pickled Jalapeño Pepper
-  ¼ cup Sour Cream
-  2 Tbsps Mayonnaise
-  1 Tbsp Mexican Spice Blend*

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

Wellness at Blue Apron

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VEGETARIAN



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
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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 tea-spoon (or use the small side of a box grater). 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.



Step 3 continued:

- 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 before serving.
- 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: 79g, Dietary Fiber: 15g, Added Sugars: 0g, Total Fat: 36g, Saturated Fat: 13g, Protein: 28g, Sodium: 2020mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC
New York, NY 10005

