

DINNERLY



No Chop! Kale-Quinoa & Black Bean Tacos

with Crema & Salsa



under 20min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these kale-quinoa and black bean tacos? Personally, we'd choose B. This dish requires absolutely no prepwork—just heat up the filling, warm the tortillas, and assemble. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 15 oz can black beans
- 10 oz kale/quinoa blend
- ¼ oz taco seasoning
- 1 oz sour cream⁷
- 6 (6-inch) corn tortillas
- 4 oz salsa

WHAT YOU NEED

- kosher salt & ground pepper

TOOLS

- medium microwave-safe baking dish
- microwave
- medium nonstick skillet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 13g, Carbs 90g, Protein 20g



1. Prep bean filling

Drain and rinse **beans**.

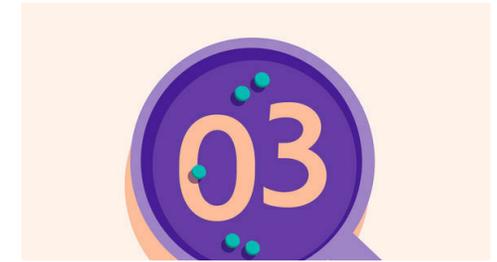
In a medium microwave-safe baking dish, stir to combine **kale and quinoa blend**, **beans**, and **taco seasoning**. Microwave on high until hot, stirring halfway through cooking time, about 4 minutes (watch closely as microwaves vary); season to taste with **salt**.



2. Prep crema & tortillas

In a small bowl, thin **sour cream** with 1 **teaspoon water** at a time until it drizzles from a spoon; season with **salt**.

Heat a medium nonstick skillet over medium-high. Add one **tortilla** at a time until lightly golden, about 30 seconds per side (or wrap in a damp paper towel and microwave in 30-second intervals until warmed through). Wrap in a kitchen towel as you go to keep warm.



3. Assemble & serve

Spoon **filling** into **tortillas**.

Serve **kale, quinoa, and black bean tacos** with a drizzle of **crema** and **salsa** spooned over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at dinnerly.com    **#dinnerly**