



Cheesy Arepa Pancakes

with Crunchy Romaine Slaw



30-40min



4 Servings

Just like these arepas and the melted cheese within them, you won't be able to contain your excitement as you cut into these melty and delicious corn cakes, native to Colombia and Venezuela. Mild poblano peppers are sliced into strips ("rajas") and cooked down with black beans for a flavorful stewed topping. It's like a taco deconstructed! Cook, relax, enjoy!

What we send

- masa harina
- can black beans
- limes
- cilantro
- romaine heart
- medium red onion
- poblano pepper
- ground cumin

What you need

- coarse salt
- freshly ground black pepper

Tools

- large nonstick skillet
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 645.0kcal, Fat 27.5g, Proteins 19.8g, Carbs 75.3g



1. Make masa

In a medium bowl, combine masa harina with 1½ cups water and ½ teaspoon salt. Stir until a soft dough forms. Divide into 8 balls. Cover and let sit for 5 minutes.



2. Prep ingredients

Thinly slice Monterey Jack. Halve, peel, and thinly slice onion. Remove stem and seeds from poblano and cut into very thin strips. Cut romaine crosswise into thin ribbons. Pick cilantro leaves and tender stems and coarsely chop.



3. Make arepas

Using lightly moistened hands, flatten each ball of dough to a 3-inch disc, slightly thinner around the edges. Divide cheese between 4 discs. Top with remaining discs and pinch ends to seal. Pat so sides are rounded and flatten to 4-inch patty.



4. Make black bean-chile

Drain and rinse beans, reserving ½ cup liquid. Heat 2 tablespoon oil in a medium saucepan over medium-high. Add poblanos and ¾ onion and cook, stirring, until softened and lightly browned, 5 minutes. Add cumin and cook 30 seconds. Add beans, reserved liquid, and ½ cup water; season with salt and pepper. Simmer until slightly thickened, 5-8 minutes.



5. Cook arepas

Heat ¼-inch oil in a large nonstick skillet over medium-high. Add arepas and cook, turning once, until golden and crisp, 8-10 minutes. Drain on paper towels.



6. Make salad

Halve lime and squeeze ½ into a large bowl. Whisk in 2 tablespoons oil and season with salt and pepper. Add romaine, cilantro, and remaining onion. Cut remaining half into wedges. Serve arepas on plates, topped with black bean mixture and salad. Serve lime wedges on the side. Enjoy!