



*Look for regular rotations to the menu for new and seasonal meal choices.*



*All ingredients included!*  
See details on back of package.

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

**INGREDIENTS:** Green Chile & Cheese Tamale, Black Beans, Corn, Pico De Gallo Medium, Green Pepper, Yellow Onion, Pickled Jalapeno Peppers, Cotija Cheese, Garlic, Canola/Olive Oil Blend, Cilantro, Cumin, Oregano, Black Pepper

**ALLERGENS:** milk

# GREEN CHILI CHEESE TAMALES

**STEAMED TAMALES WITH A RUSTIC HASH OF BLACK BEANS AND CORN, TOPPED WITH PICO DE GALLO AND COTIJA CHEESE**

**SERVES 2 | QUICK + DELICIOUS**



**TOOLS YOU'LL NEED:**

- Non-stick medium skillet
- Microwave
- Cutting board
- Chef's knife
- Heat-safe spatula
- Kitchen shears (recommended)
- Serving spoon (recommended)

At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.

## DID YOU KNOW?

*Tamales are a traditional Mesoamerican dish made from a mixture of masa cornmeal and a filling, such as cheese, wrapped in a corn husk. There is archeological evidence of tamales that date back over 10,000 years, making them one of the oldest staple foods in the Americas.*



### 1. CHOP CILANTRO

- Remove cilantro from packaging, roll together and slice into thin ribbons.
- Set aside.

**PRO TIP:** The technique of stacking, rolling, and slicing herb leaves is known as "chiffonade."



### 2. HEAT TAMALES

- Remove lid from the microwave-safe metal tamale container.
- Cover with provided parchment paper and microwave on high 3 minutes.
- Remove from microwave, flip each tamale, cover with parchment paper, and microwave another minute.
- Remove from microwave, discard parchment, and replace the lid. Let stand covered.



### 3. COOK VEGETABLES

- Preheat skillet on medium heat.
- Empty the onion/pepper mix with oil into the hot skillet.
- Stir with spatula until evenly coated with spices and translucent, about 2 minutes.



### 4. ADD BEANS + CORN

- Push the onion/pepper mix to one side of the skillet, then add the black beans and corn to the empty side. Cook 1-2 minutes until hot, then mix together and remove from heat.



### 5. OPEN TAMALES

- Use kitchen shears to cut through the corn husk across the top of each tamale.
- Open the tamale slightly, but leave the husk on for the plating.

**CHEF'S HACK:** Leaving the husks on will keep the tamales hot until you are ready to eat them.



### 6. PLATE + GARNISH

- Divide the black bean and corn hash between 2 plates.
- Place 2 tamales alongside.
- Divide the pico de gallo on top.
- Place 4 slices of pickled jalapeño on top.
- Sprinkle with cotija cheese, then garnish with sliced cilantro.