



Veggie Tostadas

with Roasted Peppers and Zesty Crema

Rapid 20 Minutes • Little Spice • 2 of your 5 a day

N° 15



Bell Pepper



Green Pepper



Carrot



Kidney Beans



Cheddar Cheese



Mexican Style Spice



Finely Chopped Tomatoes



Vegetable Stock Paste



Soft Shell Taco



Coriander



Lime



Soured Cream



Beef Mince



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Our fruit and veg need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Grater, Sieve, Frying Pan, Zester, Bowl.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Green Pepper**	1	1	2
Carrot**	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Cheddar Cheese 7)*	60g	90g	120g
Mexican Style Spice	1 sachet	1 sachet	2 sachets
Beef Mince**	120g	180g	240g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Soft Shell Taco 13)	6	9	12
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Soured Cream 7)**	75g	120g	150g

*Not Included **Store in the Fridge***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	644g	100g
Energy (kJ/kcal)	1996 /477	310 /74
Fat (g)	20	3
Sat. Fat (g)	12	2
Carbohydrate (g)	44	7
Sugars (g)	20	3
Protein (g)	21	3
Salt (g)	3.00	0.47
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	704g	100g
Energy (kJ/kcal)	2526 /604	359 /86
Fat (g)	29	4
Sat. Fat (g)	15	2
Carbohydrate (g)	44	6
Sugars (g)	20	3
Protein (g)	32	5
Salt (g)	3.04	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm

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Roast the Peppers

a) Preheat your oven to 200°C. Halve the **peppers** and discard the core and seeds and thinly slice.

b) Put the **peppers** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**.

c) Toss to coat, spread out and roast on the top shelf of your oven until soft and slightly charred, 12-15 mins, turning halfway.



Bake the Tacos

a) Halfway through your **peppers'** cooking time, lightly **oil** another baking tray and pop the **tacos** onto the tray in a single layer.

b) Drizzle on some **oil** and season with **salt** and **pepper**. Bake in the oven on the middle shelf until crisp and golden, 4-5 mins. **TIP:** Watch them closely so they don't burn.



Prep

a) Meanwhile, trim the **carrot** and grate on the coarse side of your grater (no need to peel).

b) Drain and rinse the **kidney beans** in a sieve. Grate the **cheese**.

CUSTOM RECIPE

a) If you've added **beef mince** to your recipe, once you've prepped your ingredients, heat a drizzle of **oil** in a frying pan on medium-high heat.

b) Add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. Discard any excess fat from the beef.

IMPORTANT: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Make the Zesty Crema

a) Meanwhile, roughly chop the **coriander** (stalks and all).

b) Zest the **lime** and chop into **wedges**.

c) Pop the **soured cream** in a small bowl.

d) Add the **lime zest** and season with **salt** and **pepper**. Stir together.



Cook the Sauce

a) Add the beans and Mexican spice to your **beef** mince.

b) Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **beans** and **Mexican spice**. Cook, stirring, for 1 min. Stir in the grated **carrot**, **chopped tomatoes** and **vegetable stock paste**.

c) Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until thick and tomatoey, 7-8 mins.

CUSTOM RECIPE

a) Add the beans and Mexican spice to your beef mince and continue with the recipe as instructed.



Serve

a) Stir **half** the **coriander** through the **bean mixture** and season to taste with **salt** and **pepper** if needed.

b) Serve the crisp **tacos** on plates topped with a helping of the **veggie bean mix**, the roasted **peppers**, the **cheese**, a dollop of **zesty crema** and a sprinkling of remaining **coriander**.

c) Finish with **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.