



# MEXICAN BEANIE TOSTADAS

with Guacamole and Cheese



## HELLO AVOCADO

The avocado is a climacteric fruit, meaning it matures on the tree but ripens off the tree.



Corn and Wheat Soft Tortilla



Echalion Shallot



Garlic Clove



Yellow Pepper



Courgette



Mixed Beans



Fajita Spice



Plum Tomatoes



Vegetable Stock Pot



Cheddar Cheese



Avocado



Coriander



Lime

30 mins

5 of your 5 a day

Little Heat

Veggie

eat within 3 days

Today we'll be whipping up a delicious Mexican feast, piled high on crispy, crunchy tostadas. A tostada is just a tortilla that has been toasted, but the flavour marries perfectly with beans and some creamy avocado. Say 'Ole!' for guacamole!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Fine Grater (or Garlic Press), Colander, Frying Pan, some Kitchen Paper, a Coarse Grater and Mixing Bowl**. Now, let's get cooking!



### 1 PREP THE TORTILLAS

Preheat your oven to 220°C. Pop the **tortillas** in a single layer on a lightly-oiled baking tray and drizzle over a little **oil**. Season with **salt** and **black pepper**. Set aside.



### 2 PREP THE VEGGIES

Halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **yellow pepper** and thinly slice into 1cm wide strips. Remove the top and bottom from the **courgette**, cut lengthways into strips then chop into roughly 1cm chunks. Drain the **mixed beans** in a colander and rinse under cold running water.



### 3 COOK THE BEANS

Heat a drizzle of **oil** in a frying pan on medium heat. Add the **shallot, pepper** and **courgette**, a pinch of **salt** and a grind of **black pepper**. Cook until soft and brown, 5-6 mins. Add the **garlic** and **fajita spice** (add less spice if you're not a fan of heat!) and stir well. Cook for 1 minute more. Next, add the **mixed beans, plum tomatoes** and **vegetable stock pot**. Cook until the liquid has reduced by half, 10-15 mins.



### 4 TOAST THE TOSTADAS

Meanwhile, pop the **tortillas** on the top shelf of your oven. Warm for 6-10 mins. Keep an eye on them, you want them to be golden and crispy but not burnt! When ready, remove from your oven and lay on some kitchen paper to absorb any excess **oil**.



### 5 MAKE THE GUAC

Grate the **cheddar cheese**. Halve the **avocado** lengthways and twist apart. Remove the stone and slip a spoon around the edge of the flesh to pop the flesh out of its skin. Put the **avocado** in a mixing bowl and add the **coriander stalks** and half the **coriander leaves**. Squeeze in some **lime juice** and mash together with a fork (it doesn't have to be completely smooth).



### 6 ASSEMBLE AND SERVE

Lay one **tostada** on each plate and pile high with the **beans**. Add some **cheese** and a dollop of **guacamole**. Finish with a sprinkling of the remaining **coriander leaves**. **Tuck in!**

## 2 PEOPLE INGREDIENTS

Corn and Wheat Soft Tortilla <sup>1)</sup>	2
Echalion Shallot, sliced	1
Garlic Clove, grated	1
Yellow Pepper, sliced	1
Courgette, chopped	1
Mixed Beans	1 tin
Fajita Spice	1½ tsp
Plum Tomatoes	1 tin
Vegetable Stock Pot <sup>9) 12)</sup>	½
Cheddar Cheese, grated <sup>7)</sup>	30g
Avocado	1
Coriander, chopped	1 bunch
Lime	½

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	561	75
(kJ)	2334	312
Fat (g)	30	4
Sat. Fat (g)	8	1
Carbohydrate (g)	48	6
Sugars (g)	18	2
Protein (g)	21	3
Salt (g)	3.08	0.41

### ALLERGENS

<sup>1)</sup>Gluten <sup>7)</sup>Milk <sup>9)</sup>Celery <sup>12)</sup>Sulphites

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on **0207 138 9055**, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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