

Mexican Style Beanie Tostadas

with Guacamole and Cheese

CLASSIC 30 Minutes • Medium Spice • 3 of your 5 a day







Whole Wheat Soft Tortilla



Echalion Shallot









Mixed Beans

Bell Pepper

Courgette



Mexican Spice







Vegetable Stock Powder



Coriander



Cheddar Cheese







Lime





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.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Colander and Frying Pan.

Ingredients

2P	3P	4P
2	3	4
1	1	2
2 cloves	3 cloves	4 cloves
1	2	2
1	1	2
1 carton	2 cartons	2 cartons
1 small sachet	1 large sachet	1 large sachet
1 carton	1½ cartons	2 cartons
1 sachet	2 sachets	2 sachets
1 bunch	1 bunch	1 bunch
1 block	2 blocks	2 blocks
1	1	2
1/2	1	1
120g	240g	240g
	2 1 2 cloves 1 1 carton 1 small sachet 1 carton 1 sachet 1 bunch 1 block 1 ½	2 3 1 1 2 cloves 3 cloves 1 2 1 1 1 carton 2 cartons 1 small 1 large sachet 3 cachet 1 carton 1½ cartons 1 sachet 2 sachets 1 bunch 1 bunch 1 block 2 blocks 1 1 ½ 1

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	707g	100g
Energy (kJ/kcal)	2412 /577	341 /82
Fat (g)	25	4
Sat. Fat (g)	7	1
Carbohydrate (g)	56	8
Sugars (g)	20	3
Protein (g)	25	4
Salt (g)	2.67	0.38
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 767g	Per 100g 100g
·		
for uncooked ingredient	767g	100g
for uncooked ingredient Energy (kJ/kcal)	767g 2830 /677	100g 369 /88
for uncooked ingredient Energy (kJ/kcal) Fat (g)	767g 2830 /677 34	100g 369 /88 4
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	767g 2830 /677 34 11	100g 369 /88 4 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	767g 2830 /677 34 11 51	100g 369 /88 4 1 7

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.

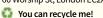
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1. Prep the Tortillas

Preheat your oven to 200°C. Arrange the **tortillas** in a single layer on a lightly-oiled baking tray and drizzle over a little oil. Season with **salt** and **pepper**. Set aside. **TIP:** We used 1 **tortilla** per person but you have enough for 2 each if you're extra hungry.



2. Prep the Veggies

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and remove the core and seeds. Slice into thin strips. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Drain and rinse the **mixed beans** in a colander.



3. Cook the Beans

Heat a splash of **oil** in a frying pan on medium heat. Add the **shallot**, **pepper** and **courgette**. Stir and cook until soft, 5-6 mins. Add the **garlic** and **Mexican spice** (add less if you're not a fan of heat) and stir well. Cook for 1 minute more, then add the **mixed beans**, **chopped tomatoes** and **vegetable stock powder**. Stir well, then bubble away until the liquid has reduced by half, 10-12 mins. **TIP**: Add a splash more water if the mixture looks a little dry.



CUSTOM RECIPE

If you've chosen to add **beef mince** to your recipe, heat a splash of oil in a frying pan on medium heat at the beginning of the step above. Before adding the **veg**, add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up. **IMPORTANT:** The mince is cooked when no longer pink in the middle. Add the **shallot**, **pepper** and **courgette** to the **mince** and continue with the recipe as instructed.



4. Bake the Tostadas

Meanwhile, pop the tray of **tortillas** on the top shelf of your oven and bake until golden brown and crispy 3-5 mins. Keep an eye out - you want them to be golden and crispy but not burnt! Once cooked, remove from your oven and lay on some kitchen paper to absorb any excess oil.



5. Make the Guac

Meanwhile, roughly chop the **coriander**. Grate the **Cheddar cheese**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out all of the insides into a bowl. Add **half** the **coriander**. Halve the **lime**, squeeze in some **lime juice** and mash with a fork. Season with **salt** and **pepper** and keep to one side.



6. Assemble and Serve

Season the **bean mixture** to taste with **salt** and **pepper**. Lay one **tostada** on each plate and spoon on the **beanie mixture**. Add a sprinkle of **grated cheese** and a dollop of **guacamole**. Finish with the remaining **coriander** sprinkled over. Tuck in!

Enjoy!

^{***}Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.