



# Mexican Style Beanie Tostadas

with Guacamole and Cheese

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

Nº 21



Whole Wheat Soft Tortilla



Garlic



Courgette



Mexican Spice



Vegetable Stock Powder



Cheddar Cheese



Lime



Echalion Shallot



Bell Pepper



Mixed Beans



Finely Chopped Tomatoes



Coriander



Avocado



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.

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
Whole Wheat Soft Tortilla <b>13</b>	2	3	4
Echalion Shallot**	1	1	2
Garlic**	2 cloves	3 cloves	4 cloves
Bell Pepper***	1	2	2
Courgette**	1	1	2
Mixed Beans	1 carton	2 cartons	2 cartons
Mexican Spice	1 small sachet	1 large sachet	1 large sachet
Finely chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Cheddar Cheese <b>7</b> **	1 block	2 blocks	2 blocks
Avocado**	1	1	2
Lime**	½	1	1
 Beef Mince**	120g	240g	240g

\*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	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
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
for uncooked ingredient	767g	100g
Energy (kJ/kcal)	2830 /677	369 /88
Fat (g)	34	4
Sat. Fat (g)	11	1
Carbohydrate (g)	51	7
Sugars (g)	17	2
Protein (g)	35	5
Salt (g)	2.71	0.35

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!**