



Mexican Inspired Beany Tostadas with Guacamole and Cheese

39

Customer Favourites 30-35 Minutes • Mild Spice • 5 of your 5 a day • Veggie



Garlic Clove



Bell Pepper



Courgette



Mixed Beans



Mexican Style Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Mature Cheddar Cheese



Lime



Plain Taco Tortilla



Avocado

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, frying pan, grater, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Courgette**	1	1	2
Mixed Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Mature Cheddar Cheese** 7)	60g	90g	120g
Lime**	½	1	1
Plain Taco Tortilla 13)	4	6	8
Avocado	1	1	2

*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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	704g 2901 /693	100g 412 /99
Fat (g)	30.6	4.4
Sat. Fat (g)	11.4	1.6
Carbohydrate (g)	70.0	10.0
Sugars (g)	21.2	3.0
Protein (g)	28.5	4.1
Salt (g)	4.45	0.63

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard 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 sieve.



Bake your Tostadas

Lay the **tortillas** (2 per person) onto a large baking tray in a single layer and rub each with a little **oil**.

Season with **salt**, then bake on the top shelf of the oven until golden and crispy, 4-6 mins. **TIP: Tostada means 'toasted', so make sure they're crispy!**



Simmer and Spice

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **pepper** and **courgette**. Stir-fry until softened, 5-6 mins, then add the **garlic** and **Mexican style spice mix** (add less if you'd prefer things milder). Cook for 1 min more.

Stir in the **mixed beans**, **chopped tomatoes** and **veg stock paste**, then simmer until the liquid has reduced by half, 10-12 mins. Add a splash of **water** if it gets too thick.



Guac and Roll

Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out into a bowl.

Add a squeeze of **lime juice** to the **avocado** and mash together with a fork. Season with **salt** and **pepper**, then set your **guacamole** aside.



Prep the Toppings

While the **beans** and **veg** simmer, grate the **Cheddar cheese** and halve the **lime**.



Assemble and Serve

When everything's ready, taste and season the **beans** with **salt** and **pepper** if needed.

Pop the **tostadas** onto your plates and top with the **bean mixture** and **guacamole** - as much as you'd like.

Sprinkle over the **cheese** to finish. **TIP: Tostadas are best enjoyed eaten by hand - get stuck in!**

Enjoy!