



Mexican Inspired Tortizza

with Chorizo and a Black Bean and Avocado Salsa

N° 15

RAPID 15 Minutes • Medium Spice • 1.5 of your 5 a day



Mozzarella



Wholemeal Tortilla



Tomato Purée



Diced Chorizo



Black Beans



Lime



Spring Onion



Green Chilli



Coriander



Avocado

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Sieve and Fine Grater.

Ingredients

	2P	3P	4P
Mozzarella 7)**	1 ball	1½ balls	2 balls
Wholemeal Tortilla 13)	4	6	8
Tomato Purée	2 sachets	3 sachets	4 sachets
Diced Chorizo 7)**	60g	90g	120g
Black Beans	½ carton	¾ carton	1 carton
Lime**	½	1	1
Spring Onion**	1	2	2
Green Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Avocado**	1	2	2
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	383g	100g
Energy (kJ/kcal)	3393 / 811	886 / 212
Fat (g)	49	13
Sat. Fat (g)	18	5
Carbohydrate (g)	53	14
Sugars (g)	6	2
Protein (g)	35	9
Salt (g)	4.16	1.09

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.
Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Prep the Tortizzas

- Preheat your oven to 200°C.
- Drain the **mozzarella** and tear into small chunks.
- Arrange your **tortilla** bases (2 per person) on baking trays and cover with the **tomato purée** leaving a 1cm border round the edge.
- Share the **diced chorizo** and **mozzarella** between the **tortillas**.



4. Avocado Time

- 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 the insides onto your chopping board.
- Chop into 1cm chunks



2. Bake!

- Bake the **tortizzas** in the oven until golden and the **cheese** is bubbly 7-8 mins.
- Trim and thinly slice the **spring onion**.
- Thinly slice the **green chilli**. **TIP:** Halve lengthways and remove the seeds first if you don't like things too spicy!
- Roughly chop the **coriander** (stalks and all).



5. Salsa Time

- Mix the **black beans**, **avocado**, **lime zest** and half the **spring onion** together in a large bowl.
- Add in **juice** of your **lime(s)** and the **olive oil** (see ingredients for amount).
- Mix well and season with **salt** and **pepper**. Keep to one side.



3. Make the Salsa

- Meanwhile drain and rinse the **black beans**.
- Zest, then halve the **lime**.
- Trim and thinly slice the **spring onion**.
- Thinly slice the **green chilli**. **TIP:** Halve lengthways and remove the seeds first if you don't like things too spicy!
- Roughly chop the **coriander** (stalks and all).



6. Time to eat!

- When the **tortizzas** are ready, pop them onto your plates.
- Serve the **salsa** on top and finish with a sprinkle of **coriander**, remaining **spring onion** and as much **chilli** as you like!

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.