



SPICY BEEF TOSTADAS

with Guacamole and Cheese



HELLO KIDNEY BEANS

These pulses are a great source of dietary fibre.



Onion



Garlic Clove



Yellow Pepper



Kidney Beans



Coriander



Beef Mince



Mexican Spice



Plum Tomatoes



Beef Stock Pot



Whole Wheat Soft Tortilla



Cheddar Cheese



Avocado



Lime

35 mins

eat within 3 days

4.5 of your 5 a day

Medium Heat

Tostadas are simply toasted tortillas. It makes them deliciously crispy! We've given you more tortillas here than you need for the recipe and we hate the thought of them going to waste. Why not make your own tortilla chips with what's left? Just cut them into triangles, drizzle with oil and season with salt, black pepper and any other spices you fancy before baking in the oven until crunchy. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **220°C**. Make sure you've got a **Fine Grater** (or **Garlic Press**), **Colander**, **Frying Pan**, **Baking Tray**, some **Kitchen Paper** and a **Coarse Grater**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and chop the **onion** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **yellow pepper** and chop into 1cm chunks. Drain the **kidney beans** in a colander and rinse under cold running water. Roughly chop the **coriander** (stalks and all).



2 FRY THE BEEF

Put a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **beef mince**. Cook until browned, 5-6 mins. **★ TIP:** Heating the oil before adding the meat means the beef will fry and not stew.



3 MAKE THE FILLING

Once the **beef** has browned, add the **onion** and **pepper** to your pan. Cook until soft, 5 mins. Add the **garlic** and **Mexican spice** and stir everything together. Cook for 1 minute more. Add the **plum tomatoes** and the **beef stock pot**. Stir to make sure it's dissolved.



4 ADD THE BEANS

Add the **kidney beans**. Bring the **mixture** to the boil, then lower the heat and simmer gently until thick and tomatoey, 10-15 mins. Taste and add **salt** and **black pepper** if necessary.



5 BAKE THE TORTILLAS

Meanwhile, spread the **tortillas** in a single layer on a lightly oiled baking tray. Drizzle over a little more **oil** and season with **salt** and **black pepper**. Pop them on the top shelf of your oven and bake for 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**.



6 FINISH AND SERVE!

Grate the **cheddar cheese**. Slice the **avocado** in half vertically and twist apart. Remove the stone and scoop the flesh into a small bowl. Add most of the **coriander**, a good squeeze of **lime juice** and a generous pinch of **salt**. Mash with a fork. You've just made **guacamole**! Lay one **tortilla** on each plate, pile it high with **beef**, sprinkle on the **cheese** and remaining **coriander** and finish with a dollop of **guacamole**. **Tuck in!**

2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Yellow Pepper, chopped	1
Kidney Beans	1 tin
Coriander, chopped	1 bunch
Beef Mince	250g
Mexican Spice	1½ tsp
Plum Tomatoes	1 tin
Beef Stock Pot	½
Whole Wheat Soft Tortilla ¹⁾	2
Cheddar Cheese, grated ⁷⁾	30g
Avocado, mashed	1
Lime	½

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	718	90
(kJ)	3003	374
Fat (g)	36	4
Sat. Fat (g)	10	1
Carbohydrate (g)	48	6
Sugars (g)	19	2
Protein (g)	47	6
Salt (g)	3.10	0.40

ALLERGENS

¹⁾Gluten ⁷⁾Milk

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black 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 and we'll get back to you.

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