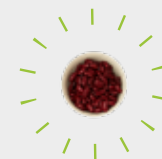




BEEFY TOSTADAS RAPIDAS

with Kidney Beans and Red Peppers



HELLO KIDNEY BEANS

These tasty beans get their name due to their dark red colour and kidney-like shape.



Beef Mince



Red Pepper



Coriander



Kidney Beans



Mexican Spice



Worcester Sauce



Finely Chopped
Tomatoes with Onion



Beef Stock Powder



Whole Wheat Soft Tortillas



Soured Cream



Lime

MEAL BAG



20 mins



2.5 of your
5 a day



Little heat



Rapid recipe

Big on flavour but short on prep, these 20 minute tostadas are about to steal the dinnertime limelight. Tostadas are simply toasted tortillas, which are assembled to replicate an edible plate! Pile them high with spicy beef, a dollop of limey soured cream and a sprinkling of coriander, and you're good to go! Who said you needed to spend hours in the kitchen to create a masterpiece?

GET **PREPARED!**



Preheat the Oven to 220°C.

BEFORE YOU START

- Preheat** the Oven to **220°C**.
- Wash** the veggies.
- Make sure you've got a **Frying Pan, Sieve, Baking Tray** and **Fine Grater**. Let's start cooking the **Tostadas Rapias with Red Peppers, Beef Mince and Kidney Beans**.



1 COOK THE BEEF

- Heat a splash of **oil** in a frying pan on high heat. Add the **beef mince** and cook until browned, 5 mins.
- Break the **mince** up with a wooden spoon as it cooks.



2 PREP THE VEGGIES

- Halve the **pepper**, discard the core and the seeds, then chop into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Drain and rinse the **kidney beans** in a sieve.



3 SIMMER THE SAUCE

- Add the **pepper** and **Mexican spice** to the **beef** and stir-fry for a 1 minute.
- Mix in the **Worcester sauce**, **finely chopped tomatoes**, **kidney beans** and **stock powder**, stirring well to dissolve the **stock**.
- Bring to the boil, reduce the heat to medium-low and simmer until thick, 7-8 mins. **! IMPORTANT:** The beef mince is cooked when it is no longer pink in the middle.



4 BAKE THE TORTILLAS

- Place the **tortillas** in a single layer on a lightly oiled baking tray and drizzle over some **oil**. **★ TIP:** We used 1 per person, but if you're hungry, use 2 per person!
- Sprinkle on some **salt** and **pepper**.
- Bake in the oven until crispy and golden, 4-5 mins.



5 MAKE THE DRESSING

- Meanwhile, pop the **soured cream** in a small bowl.
- Grate in the zest of the **lime**, add a pinch of **salt** and **pepper** and stir together.
- Chop the **lime** into wedges.



6 SERVE

- Serve the **crisp tortillas** on plates topped with a helping of **spicy beef**, a drizzle of **limey soured cream** and a sprinkling of **coriander**.
- Finish with **lime wedges** for squeezing over.

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Beef Mince *	240g	360g	480g
Red Pepper *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 small pot	¾ large pot	1 large pot
Worcester Sauce	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion	1 carton	1½ cartons	2 cartons
Beef Stock Powder	½ sachet	¾ sachet	1 sachet
Whole Wheat Soft Tortillas 13)	2	3	4
Soured Cream 7) *	1 pouch	1½ pouches	2 pouches
Lime *	1	1	2

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 685G	PER 100G
Energy (kJ/kcal)	3142/ 751	459/ 110
Fat (g)	38	6
Sat. Fat (g)	18	3
Carbohydrate (g)	53	8
Sugars (g)	20	3
Protein (g)	43	6
Salt (g)	4.12	0.60

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.

THUMBS UP OR THUMBS DOWN?

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