



Tostadas Rápidas Vegetarianas

with Soured Cream and Coriander

RAPID 15 Minutes • 2.5 of your 5 a day • Veggie



Red Pepper



Yellow Pepper



Coriander



Red Kidney Beans



Mexican Spice



Chipotle Paste



Tomato Puree



Finely Chopped Tomatoes



Vegetable Stock Powder



Whole Wheat Soft Tortillas



Soured Cream



Lime

Before you start

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

Basic cooking tools you will need:

Frying Pan, Coarse Grater, Sieve, Baking Tray and Fine Grater.

Ingredients

	2P	3P	4P
Red Pepper	1	1	2
Yellow Pepper	1	2	2
Coriander	1 bunch	1 bunch	1 bunch
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 small pot	¾ large pot	1 large pot
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Whole Wheat Soft Tortillas 13)	4	6	8
Soured Cream 7)	100g	150g	200g
Lime	½	1	1

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	655g	100g
Energy (kJ/kcal)	2431 / 581	371 / 89
Fat (g)	18	3
Sat. Fat (g)	8	1
Carbohydrate (g)	72	11
Sugars (g)	20	3
Protein (g)	24	4
Salt (g)	3.88	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **13)** Gluten

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



1. Fry the Peppers

- Preheat your oven to 200°C.
- Halve the **peppers** and discard the core and seeds. Slice into thin strips.
- Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **peppers**.
- Cook, stirring occasionally, until they start to soften, 3-4 mins.



4. Bake the Tortillas

- Meanwhile, pop the **tortillas** in a single layer on your prepped baking tray and drizzle over some **oil**.
- Season with **salt** and **pepper**.
- Bake in the oven until crisp and golden, 4-6 mins.



2. Prep

- Roughly chop the **coriander** (stalks and all).
- Drain and rinse the **kidney beans** in a sieve.
- Pop **half** the **kidney beans** into a bowl and mash roughly with a fork.



5. Make the Limey Cream

- While the tortillas bake, pop the **soured cream** in a small bowl.
- Grate in the **lime zest**, season with **salt** and **pepper** and stir together.
- Chop the **lime** into quarters.



3. Cook the Sauce

- Stir the **Mexican spice**, **chipotle paste** and **tomato puree** into the **peppers** and cook for 1 minute.
- Stir in **half** the **coriander**, the **finely chopped tomatoes**, the **vegetable stock powder** and the whole and crushed **kidney beans**.
- Bring to the boil, stir to dissolve the **stock**, reduce the heat to medium and simmer, stirring occasionally, until thick and tomatoey, 7-8 mins.



6. Serve

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