













# Veggie Chilli Tostadas

with Zesty Avocado

**Classic** 35 Minutes • Veggie • Little Spice • 2 of your 5 a day



-  Onion
-  Garlic Clove
-  Lime
-  Black Beans
-  Vivera Plant Mince
-  Tomato Puree
-  BBQ Sauce
-  Chipotle Paste
-  Avocado
-  Soft Shell Tacos

## Before you start

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

## Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Coalander, Bowl, Frying Pan, Measuring Jug, Saucepan and Baking Tray.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Lime	½	1	1
Black Beans	1 carton	1½ carton	2 cartons
Vivera Plant Mince <b>11)</b>	220g	330g	440g
Tomato Puree	1 sachet	1½ sachet	2 sachets
BBQ Sauce <b>13)</b>	1 sachet	2 sachet	2 sachets
Water*	100ml	150ml	200ml
Chipotle Paste	1 sachet	1 sachet	2 sachets
Avocado**	1	2	2
Soft Shell Tacos <b>13)</b>	4	6	8

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>536g</b>	<b>100g</b>
Energy (kJ/kcal)	3179 /760	593 /142
Fat (g)	22	4
Sat. Fat (g)	5	1
Carbohydrate (g)	93	17
Sugars (g)	17	3
Protein (g)	39	7
Salt (g)	2.60	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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 You can recycle me!



## Get Prepped

Preheat the oven to 200°C. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a **garlic press**). Zest and quarter the **lime**. Drain and rinse the **black beans** in a colander. Pop the **beans** in a medium bowl and roughly crush with the back of a fork or **potato masher**.



## Avocado Time!

As the **beans** and **chilli** bubble away, 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 flesh onto a board. Chop into small pieces then pop into a bowl. Season with **salt** and **pepper** and lightly crush the **avocado**. Set aside for later.



## Make the Chilli

Heat a drizzle of **oil** in a large frying pan. Once hot, add the **onion** and cook until browned, 4-5 mins. Add the **veggie mince** and cook until piping hot for a further, 4-5 mins. Add the **tomato puree**, **BBQ sauce** and **water** (see ingredients for amount) and **half** of the **chipotle paste**, cook stirring, for 1 minute. Add the **garlic** and cook for a further minute.



## Build the Tostadas

Lay two **tacos** per person on a large baking tray in a single layer and drizzle with a little **oil**. Season with **salt** and bake on the top shelf of the oven until golden and crispy, 4-5 mins. Once done, top each with equal portions of **black bean mix**, then the **veggie chilli** and lastly the **avocado**.



## Add the Beans

Meanwhile, heat a medium sauce pan on medium heat. Add the **black beans** with the remaining **chipotle paste** and a splash of **water**. Stir and cook until the **mixture** is piping hot, 1-2 mins. Season to taste with **salt** and **pepper** and keep to one side.



## Serve

Share the **tostadas** between your plates. Sprinkle on the **lime zest** and serve with **wedges of lime**.

## 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.