

Veggie Tostadas

with Roasted Peppers and Zesty Crema

BALANCED 20 Minutes • Under 600 Calories • 2.5 of your 5 a day • Veggie







Green Pepper





Kidney Beans

Mexican Spice





Finely Chopped Tomatoes

Vegetable Stock Powder







Wholemeal Tortillas

Coriander







Lime

Soured Cream

Before you start

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

Basic cooking tools you will need:

Two Baking Trays, Coarse Grater, Sieve, Frying Pan and Fine Grater.

Ingredients

	2P	3P	4P
Green Pepper**	2	3	4
Carrot**	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 pot	¾ pot	1 pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Wholemeal Tortilla 13)	4	6	8
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1/2	1	1
Soured Cream 7)**	75g	100g	150g

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	665g	100g
Energy (kJ/kcal)	2266 /542	341/81
Fat (g)	13	2
Sat. Fat (g)	5	1
Carbohydrate (g)	75	11
Sugars (g)	23	3
Protein (g)	24	4
Salt (g)	4.65	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

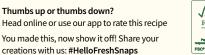
7) Milk 10) Celery 13) Gluten

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

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ





Packed in the UK



1. Roast the Peppers

Preheat your oven to 200°C. Halve the pepper, discard the core and seeds and thinly slice. Put the peppers on a baking tray, drizzle with oil and season with salt and pepper. Toss to coat, spread out and roast on the top shelf of your oven until soft and slightly charred, 12-15 mins, turning halfway.



2. Prep

Meanwhile, trim the carrot and grate on the coarse side of your grater (no need to peel). Drain and rinse the kidney beans in a sieve.



3. Cook the Sauce

Heat a drizzle of oil in a frying pan on medium-high heat and add the beans and Mexican spice. Cook, stirring, for one minute. Stir in the grated carrot, finely chopped tomatoes and vegetable stock **powder**. 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.



4. Bake the Tortillas

Halfway through your pepper's cooking time, lightly oil another baking tray and pop the **tortillas** onto the tray in a single layer. Drizzle on some oil and season with salt and pepper. Bake in the oven on the middle shelf until crisp and golden, 4-5 mins. **TIP:** Watch they don't burn!



5. Make the Limey cream

Meanwhile, roughly chop the coriander (stalks and all). Zest the lime and chop into wedges. Pop the sour cream in a small bowl. Add the lime zest and season with salt and pepper. Stir together.



6. Serve

Stir half the coriander through the bean mixture and season to taste with salt and pepper if needed. Serve the crisp tortillas on plates topped with a helping of the veggie bean mix, the roasted peppers, a dollop of lime crema and a sprinkling of remaining coriander. Finish with lime wedges for squeezing over.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • Low Sugar **Featured Ingredient: Carrots** are a rich source of vitamin A, which is important for the growth and the development of the immune system.

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.