



Veggie Tostadas

with Roasted Peppers and Zesty Crema

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

15



-  Bell Pepper
-  Green Pepper
-  Carrot
-  Kidney Beans
-  Mexican Spice
-  Finely Chopped Tomatoes with Onion and Garlic
-  Vegetable Stock Powder
-  Soft Shell Taco
-  Coriander
-  Lime
-  Soured Cream

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Green Pepper**	1	1	2
Carrot**	1	2	2
Kidney Beans	1 carton	1½ carton	2 carton
Mexican Spice	1 small sachet	¾ large sachet	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
Soft Shell Taco 13	4	6	8
Coriander**	1 bunch	1 bunch	1 bunch
Lime	½	1	1
Soured Cream 7 **	75g	100g	150g

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	2119/507	319/76
Fat (g)	11	2
Sat. Fat (g)	6	1
Carbohydrate (g)	74	11
Sugars (g)	26	4
Protein (g)	19	3
Salt (g)	3.80	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the Peppers

Preheat your oven to 200°C. Halve the **pepper** and 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.



Bake the Tacos

Halfway through your **peppers** cooking time, lightly **oil** another baking tray and pop the **tacos** 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!**



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.



Make the Zesty Crema

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



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** and reduce the heat to medium and simmer, stirring occasionally, until thick and tomatoey, 7-8 mins.



Serve

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

Enjoy!