

Veggie Tostadas with Roasted Peppers and Zesty Soured Cream

Rapid 20 Minutes • Mild Spice • Veggie









Green Pepper

Bell Pepper





Carrot





Cheddar Cheese

Kidney Beans



Garlic Clove



Mexican Style Spice Mix



Finely Chopped Tomatoes



Vegetable Stock Paste



Plain Taco Tortilla





Lime



Coriander

Soured Cream

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Baking Tray, Grater, Sieve, Garlic Press, Frying Pan and

Ingredients

	2P	3P	4P	
Bell Pepper***	1	2	2	
Green Pepper**	1	1	2	
Carrot**	1	2	2	
Onion**	1	1	1	
Kidney Beans	1 carton	1½ cartons	2 cartons	
Cheddar Cheese** 7)	60g	90g	120g	
Garlic Clove**	1	2	2	
Mexican Style Spice Mix	1 pot	1 pot	1 pot	
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons	
Vegetable Stock Paste 10)	10g	15g	20g	
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp	
Plain Taco Tortilla 13)	6	9	12	
Coriander**	1 bunch	1 bunch	1 bunch	
Lime**	1/2	1	1	
Soured Cream** 7)	75g	120g	150g	
*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	794g	100g
Energy (kJ/kcal)	3146 /752	396/95
Fat (g)	27	3
Sat. Fat (g)	15	2
Carbohydrate (g)	93	12
Sugars (g)	25	3
Protein (g)	26	3
Salt (g)	3.51	0.44

orange to guarantee you get the best quality pepper.

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

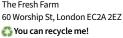
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Roast the Peppers

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



Prep

- a) Meanwhile, trim the carrot then coarsely grate (no need to peel).
- **b)** Halve, peel and thinly slice the **onion**.
- c) Drain and rinse the kidney beans in a sieve. Grate the cheese.
- d) Peel and grate the garlic (or use a garlic press).



Cook the Beans

- a) Heat a drizzle of oil in a frying pan on mediumhigh heat. Add the onion and cook until softened, 4-5 mins.
- b) Add the beans, garlic and Mexican style spice mix. Cook, stirring, for 1 min, then stir in the grated carrot, finely chopped tomatoes and vegetable stock paste.
- c) Add the sugar (see ingredients for amount). Stir to combine and bring to the boil. Reduce the heat to medium and simmer, stirring occasionally, until thick, 7-8 mins.



Bake the Tortillas

- a) Halfway through the peppers' cooking time, lay the tortillas (2 per person) onto a lightly-oiled baking tray in a single layer and drizzle with oil.
- b) Season with salt and pepper, then bake on the middle shelf of the oven until golden and crispy, 4-6 mins.



Make the Zestu Cream

- a) Meanwhile, roughly chop the coriander (stalks and all). Zest the lime and chop into wedges.
- b) Pop the soured cream in a small bowl. Add the lime zest and season to taste. Stir together.



Serve

- a) Stir half the coriander through the bean mixture and season to taste if needed.
- **b)** Serve the **crisp tostadas** topped with spoonfuls of the veggie bean mix, roasted peppers and cheese. Finish with a dollop of zesty soured **cream** and a sprinkling of the remaining **coriander**. TIP: Tostadas are best enjoyed eaten by hand - get stuck in!
- c) Serve 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.