



Veggie Tostadas

with Roasted Peppers and Zesty Soured Cream

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie

18



Bell Pepper



Red Kidney Beans



Mature Cheddar
Cheese



Mexican Style
Spice Mix



Finely Chopped
Tomatoes with
Onion and Garlic



Vegetable Stock
Paste



Plain Taco
Tortilla



Lime



Soured Cream

Pantry Items

Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, sieve, grater, frying pan and zester.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	90g	120g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Plain Taco Tortilla 13)	6	9	12
Lime**	½	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 orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3016 /721	444 /106
Fat (g)	23.5	3.5
Sat. Fat (g)	12.9	1.9
Carbohydrate (g)	90.6	13.3
Sugars (g)	22.9	3.4
Protein (g)	27.7	4.1
Salt (g)	5.13	0.76

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Peppers

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Halve the **peppers** and discard the core and seeds. Slice into thin strips

b) Put the **peppers** on a baking tray, then drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out.

c) Roast on the top shelf of your oven until soft and slightly charred, 12-15 mins. Turn halfway through.



Bake the Tortillas

a) Halfway through the **peppers'** cooking time, lay the **tortillas** 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.



Prep Time

a) Meanwhile, drain and rinse the **kidney beans** in a sieve.

b) Grate the **cheese**.



Make the Zesty Soured Cream

a) Zest the **lime** and chop into **wedges**.

b) Pop the **soured cream** in a small bowl. Mix in the **lime zest** and season to taste with **salt** and **pepper**.



Cook the Beans

a) Heat a drizzle of **oil** in a frying pan on medium-high heat.

b) When hot, add the **beans** and **Mexican style spice mix**. Cook, stirring, for 1 min, then stir in the **chopped tomatoes** and **vegetable stock paste**.

c) Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until thickened, 7-8 mins.



Assemble and Serve

a) Taste the **bean mixture** and season if needed.

b) Top the **crisp tostadas** (3 per person) with spoonfuls of the **veggie bean mix**, **roasted peppers** and **cheese** - as much as you'd like.

c) Finish with a dollop of **zesty soured cream**.

TIP: Tostadas are best enjoyed eaten by hand - get stuck in!

d) Serve with the **lime wedges** for squeezing over.

Enjoy!