



SMASHED BLACK BEAN TOSTADAS

with Green Pepper, Pico de Gallo & Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



¼ oz | ¼ oz
Cilantro



1 | 2
Lime



1 | 2
Long Green
Pepper



1 | 2
Black Beans



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



6 | 12
Flour Tortillas
Contains: Soy, Wheat



1 TBSP | 2 TBSP
Southwest Spice
Blend



1 | 2
Tex-Mex Paste



½ Cup | 1 Cup
Mexican Cheese
Blend
Contains: Milk



4 oz | 8 oz
Pico de Gallo



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

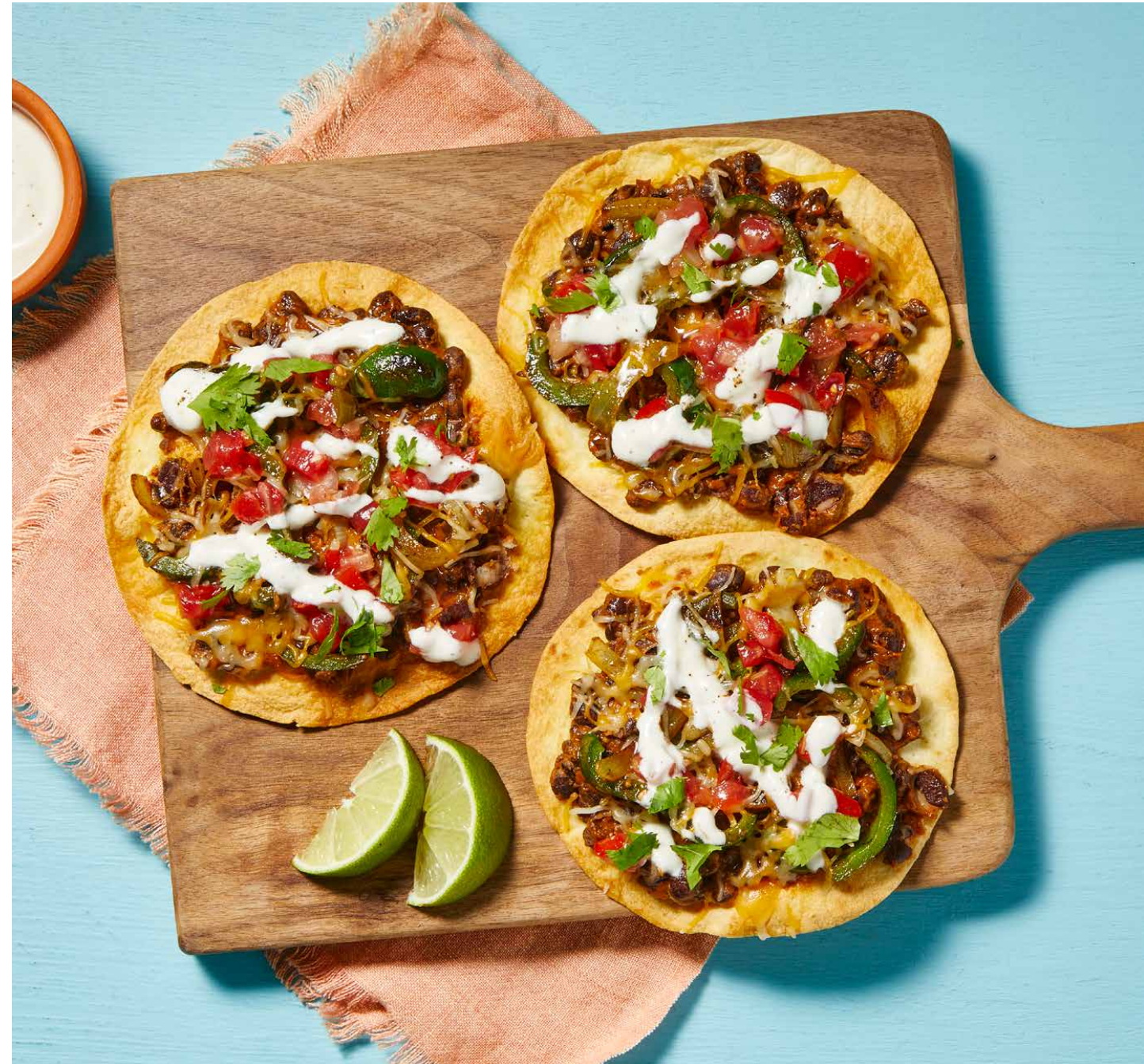
2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Beef**

Calories: 1280



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 910



HELLO

SMASHED BLACK BEANS

Simmering then mashing these beans makes them extra-creamy.

FORK IT OVER

Pricking tortillas with a fork prevents them from forming air pockets and puffing up. Flat tortillas = more room for toppings!

BUST OUT

- Strainer
- Potato masher
- Small bowl
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
(1 tsp | 1 tsp) Ⓢ
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP & MAKE CREMA

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 450 degrees. Wash and dry produce.
- Quarter lime. Halve, core, and thinly slice green pepper into strips. Halve, peel, and thinly slice onion. Drain and rinse beans. Roughly chop cilantro.
- In a small bowl, combine sour cream with a squeeze of lime juice. Season with salt and pepper. Stir in water 1 tsp at a time until mixture reaches a drizzling consistency.

- Ⓢ Heat a drizzle of oil in a large pan over medium-high heat. Add beef*; season with salt and pepper. Cook, breaking up meat into pieces, until lightly browned, 3-5 minutes (it will cook through in Step 5). Turn off heat; transfer to a plate. Carefully discard any excess grease from pan if necessary. Wipe out pan.



4 TOAST TORTILLAS

- Drizzle tortillas with 1 TBSP olive oil (2 TBSP for 4 servings); brush or rub to coat all over. Arrange on a baking sheet in a single layer (divide between 2 sheets for 4). Gently prick each tortilla in a few places with a fork.
- Bake on top rack, flipping halfway through, until lightly golden, 4-5 minutes per side. (For 4, bake on top and middle racks; flipping tortillas and swapping rack positions halfway through.) TIP: Watch carefully to avoid burning.



2 COOK VEGGIES

- Heat a drizzle of oil in a large pan over medium-high heat. Add green pepper, onion, and half the Southwest Spice Blend (you'll use the rest in the next step). Cook, stirring occasionally, until lightly charred and softened, 5-7 minutes. Season with salt and pepper.
- Turn off heat; transfer to a plate.
- Ⓢ Use pan used for beef here.



5 BUILD TOSTADAS

- Once tortillas are toasted, remove sheet from oven. Carefully spread each tortilla with smashed beans, then top with veggies and Mexican cheese blend.
- Return to top rack until cheese melts, 2-3 minutes.
- Ⓢ Add beef to tortillas along with veggies, then top with Mexican cheese blend. Cook through the rest of this step as instructed.



3 MAKE SMASHED BEANS

- Heat pan used for veggies over medium-high heat. Add beans, Tex-Mex paste, remaining Southwest Spice Blend, and ¼ cup water (½ cup for 4 servings). Bring to a simmer and cook, stirring occasionally, until liquid has mostly evaporated, 3-4 minutes.
- Remove from heat; gently mash beans with a potato masher or back of a spoon. Stir in 1 TBSP butter (2 TBSP for 4) until melted. (TIP: If mixture is too thick, stir in a splash of water.) Season with salt and pepper.



6 SERVE

- Divide tostadas between plates. Top with pico de gallo (draining first), lime crema, and as much cilantro as you like. Serve with remaining lime wedges on the side.

*Ground Beef is fully cooked when internal temperature reaches 160°.