



Cheesy Beef Tostadas

with Charred Pineapple-Coriander Salsa & Sour Cream

Grab your Meal Kit
with this symbol



Brown Onion



Garlic



Carrot



Pineapple Slices



Baby Spinach
Leaves



Coriander



Mini Flour
Tortillas



Beef Mince



Mexican Fiesta
Spice Blend



Tomato Paste



Shredded Cheddar
Cheese



Sour Cream



Hands-on: **25-35 mins**



Ready in: **30-40 mins**



Spicy (Mexican
Fiesta spice blend)

Tonight, we're teaching you the secret to crunchy tostadas. Give it a whirl and then pile 'em high with saucy Mexican beef, juicy charred pineapple and cooling sour cream.

Pantry items

Olive Oil, White Wine Vinegar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
pineapple slices	1 tin	2 tins
baby spinach leaves	1 bag (30g)	1 bag (60g)
coriander	1 bag	1 bag
white wine vinegar*	½ tsp	1 tsp
mini flour tortillas	6	12
beef mince	1 medium packet	1 large packet
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
warm water*	½ cup	1 cup
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4083kJ (976Cal)	633kJ (151Cal)
Protein (g)	47.6g	7.4g
Fat, total (g)	51g	7.9g
- saturated (g)	23.8g	3.7g
Carbohydrate (g)	74.8g	11.6g
- sugars (g)	32.6g	11.6g
Sodium (mg)	1496mg	232mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic**. Grate the **carrot**. Drain the **pineapple slices**, reserving the **pineapple juice**.



Start the chilli

SPICY! The spice blend is hot, use less if you're sensitive to heat! While the tortillas are baking, return the pan to a high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**. Reduce the heat to medium-high and add the **onion** and cook, stirring, until softened, **2 minutes**. Add the **carrot** and cook until softened, **2 minutes**. Add a drizzle of **olive oil**, the **garlic**, **Mexican Fiesta spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**.



Char the pineapple

Heat a large frying pan over a high heat. Cook the **pineapple**, turning occasionally, until browned and slightly charred, **3-4 minutes**. Set aside to cool slightly. Meanwhile, roughly chop the **baby spinach leaves** and **coriander**. Roughly chop the charred **pineapple**. In a medium bowl, combine the **baby spinach**, **coriander**, **pineapple**, some reserved **pineapple juice** and **white wine vinegar**. Season with **salt** and **pepper** and stir to combine.



Make it saucy

Add the **warm water** to the **beef**, reduce the heat to low, and simmer until the chilli has thickened slightly, **2 minutes**. Stir through the **butter** and **shredded Cheddar cheese** until melted, then season to taste. Add a splash of **water** if the chilli looks dry.



Bake the tortillas

Spread the **mini flour tortillas** over an oven tray lined with baking paper. Using a fork, poke a few holes in the **tortillas** to stop them puffing up as they cook, then lightly spray or brush with **olive oil**. Bake the **tortillas** until golden and crisp, **6 minutes**.

TIP: You want the tortillas to be golden and crisp but not burnt! If you want to serve as tacos instead, no need to bake the tortillas!



Serve up

Take everything to the table to serve. Build your tostadas by placing a helping of the beef chilli on top of a tortilla. Serve with **sour cream** and a spoonful of pineapple salsa.

TIP: In Mexican cuisine, *tostadas* are piled high with ingredients and eaten like an open sandwich. You can serve the crisp *tostadas* on the side of the toppings if you prefer, or just heat the tortillas and eat with the filling as *tacos*!

Enjoy!