



# SMASHED BLACK BEAN TOSTADAS

with Green Pepper, Pico de Gallo & Chipotle Lime Drizzle

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Onion



1 | 2  
Tomato



¼ oz | ¼ oz  
Cilantro



1 | 2  
Lime



1 | 2  
Long Green  
Pepper



1 | 2  
Black Beans



4 TBSP | 8 TBSP  
Vegan Chipotle  
Mayo



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



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

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



10 oz | 20 oz  
Chicken Breast  
Strips

Calories: 1220



10 oz | 20 oz  
Ground Beef\*\*

Calories: 1350



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1020



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

- 2 Small bowls
- Potato masher
- Strainer
- Baking sheet
- Large pan
- Paper towels
- 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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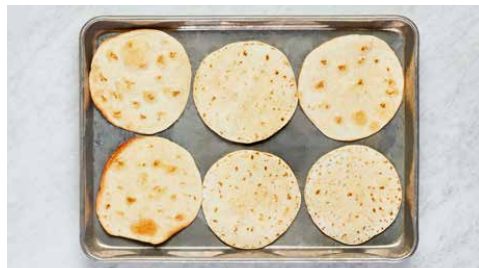
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### 1 START PREP & MAKE TOPPINGS

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 450 degrees. Wash and dry produce.
- Halve, peel, and thinly slice onion; mince a few slices until you have 2 TBSP (4 TBSP for 4). Dice tomato. Roughly chop cilantro. Quarter lime.
- In a small bowl, combine minced onion, tomato, half the cilantro, and a squeeze of lime juice. Season with salt and pepper.
- In a separate small bowl, combine vegan chipotle mayo 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.

- Pat chicken\* dry with paper towels. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken or beef\*; season with salt and pepper. Cook, stirring frequently, until lightly browned, 3-5 minutes (it will cook through in Step 5). Turn off heat; transfer to a plate. 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 FINISH PREP & COOK VEGGIES

- Halve, core, and thinly slice green pepper into strips. Drain and rinse beans.
- Heat a drizzle of oil in a large pan over medium-high heat. Add green pepper, sliced 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.
- Transfer to a plate. Reserve pan.

- Use pan used for chicken or beef here.



### 3 MAKE SMASHED BEANS

- Heat same pan over medium-high heat. Add beans, Tex-Mex paste, remaining Southwest Spice Blend, and 1/4 cup water (1/2 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.



### 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 chicken or beef to tostadas along with veggies, then top with Mexican cheese blend. Return to top rack until chicken or beef is cooked through and cheese melts, 2-3 minutes.



### 6 SERVE

- Divide tostadas between plates. Top with pico de gallo, vegan chipotle lime sauce, and remaining cilantro. Serve with remaining lime wedges on the side.

\*Chicken is fully cooked when internal temperature reaches 165°.

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