



Cooking Made Easy

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## Roasted Vegetable Tostadas

with Tomato-Avocado Salsa

A real flavor fiesta, these tostadas are topped with creamy black beans and cheese, along with hearty roasted zucchini and poblano peppers. Top it with a tomato-avocado salsa, some sour cream, and the party's just getting started!



30 min



level 1



nut free



veggie



Zucchini



Black Beans



Poblano Pepper



Avocado



Lime



Tomato



Red Onion



Flour Tortillas



Mozzarella Cheese



Sour Cream

Ingredients	2 Person	4 Person
Zucchini	1	2
Black Beans	1 can	2 cans
Poblano Pepper	1	2
Avocado	1	2
Tomato	1	2
Red Onion	1	2
Flour Tortillas	1)	4
Mozzarella Cheese	7)	½ C
Sour Cream	7)	2 T
Lime	1	2
Olive Oil*	2 T	4 T

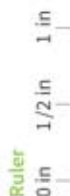
\*Not included

#### Allergens

1)Wheat

7)Milk

**Nutrition per serving** Calories: 793 | Carbs: 98g | Fat: 33g | Protein: 32g | Fiber: 21g



**1** Preheat oven to 400 degrees. Place the **tortillas** on a baking sheet and bake for about 4 minutes, until crispy. Set aside. Meanwhile, slice the **zucchini** into ½-inch rounds. Core, seed, and remove the white veins from the **poblano**, then thinly slice.



**2** Toss **zucchini** and **poblanos** with 1 tablespoon **olive oil**, **salt**, and **pepper**. Spread out on the same pan you used for the tortillas and roast for 20 minutes in the oven, tossing halfway through.



**3** Meanwhile halve and pit the **avocado**. Scoop out the flesh with a spoon and cube. Peel, halve, and finely chop the **red onion**. Cube the **tomato**, removing the tough core. Halve the **lime**.

**4** Combine the **tomato**, **onion**, and **avocado** in a bowl and drizzle with 1 tablespoon **olive oil**, juice of half the **lime**, and a pinch of **salt** and **pepper**. Set aside.



**5** In a small pot, heat up the **black beans and their liquid** with a pinch of **salt** over medium-low heat, stirring occasionally. Once warmed through, mash with a fork.

**6** Spread some **mashed beans** on the **crispy tortillas**. Sprinkle with **mozzarella cheese** and top with **roasted veggies**. Place in the oven for about 5 minutes, until cheese has melted.

**7** Top the **tostadas** with **tomato and avocado salsa** and a dollop of **sour cream**.

**Tip** This recipe easily doubles to serve a crowd. Cinco de Mayo planning anyone?