



More than Food

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## Plantain and Black Bean Tostadas

with Pickled Red Onion, Avocado, and Feta

Plantains are a staple of Latin and South American cuisine—used both in their ripe and unripe forms. Ripe, spotted yellow plantains can be fried into *maduros*. Starchy and slightly sweet, *maduros* are the star of these tostadas. Paired with pickled onion, the creaminess of avocado, and smoky cumin, each bite has the perfect balance of flavor.



Yellow Plantain



Black Beans



Red Onion



Crumbled Feta



Avocado



Flour Tortillas



Cilantro



Lime



Radishes



Honey



Cumin

## Ingredients

	2 People	4 People
Yellow Plantain	1	2
Black Beans	1 can	2 cans
Red Onion	1	2
Crumbled Feta	1) ¼ C	½ C
Avocado	1	2
6-inch Flour Tortillas	2) 4	8
Cilantro	1 bunch	2 bunches
Lime	1	2
Radishes	3	6
Honey	1 t	2 t
Cumin	½ t	1 t
Olive Oil*	2 T + 1 t	4 T + 2 t

\*Not Included

## Allergens

- 1) Dairy
- 2) Wheat

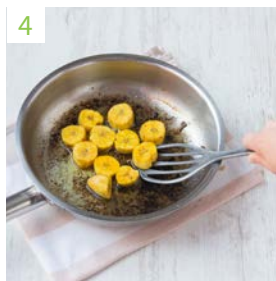
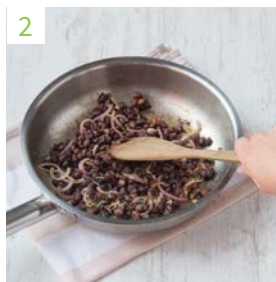
## Tools

Large Pan, Baking Sheet, Strainer, Small Bowl

Ruler

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**Nutrition per person** Calories: 679 cal | Carbs: 92 g | Fat: 27g | Protein: 18 g | Fiber: 19 g | Sodium: 611 mg



**1** Preheat the oven to 400 degrees. Peel and slice the **plantain** into ½-inch rounds. Drain and rinse the **black beans**. Thinly slice the **radishes**. Halve, peel, and thinly slice the **onion**. Halve, pit, and thinly slice the **avocado**. Halve the **lime**, then cut one half into four wedges. Toss ¼ of the sliced **onion** in a small bowl with the **juice of half the lime** to pickle.

**2** Heat **1 teaspoon oil** in a large pan over medium heat. Add the **remaining ¾ onion** to the pan and cook, tossing, 4-5 minutes, until softened. Add **half the black beans** and **½ teaspoon cumin** to the pan and toss until heated through. Season with **salt** and **pepper**. Set aside and cover to keep warm.

**Tip:** We're only using half of the beans we provided for this recipe. Save the remaining for the next time you want to make this dish, or any other delicious recipes that use black beans. Find some on our recipe archive @ [www.hellofresh.com/recipe/all](http://www.hellofresh.com/recipe/all).

**3** Place the **tortillas** on a baking sheet and place in the oven for 3-4 minutes, until barely golden brown and crispy.

**4** In the same pan you cooked the beans in, heat **2 Tablespoons oil** over medium-high heat. Add the **plantain slices** to the pan and cook 3-4 minutes per side, until soft and golden brown. Remove the plantains from the pan, drizzle with **1 teaspoon honey**, and season with **salt** and **pepper**.

**5** **Assemble the tostadas:** top the **tortillas** with the **beans, plantains, avocado, pickled red onion, radishes**, and a few sprigs of **cilantro**. Sprinkle with the **feta cheese** and serve with a **lime wedge**. Enjoy!