



Beany Beef Tostadas Rapiidas

with Zesty Creme Fraiche

Family 20 Minutes • Mild Spice • 2 of your 5 a day

11



Beef Mince



Bell Pepper



Lime



Kidney Beans



Mexican Style Spice Mix



Worcester Sauce



Tomato Passata



Beef Stock Paste



Plain Taco Tortilla



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, zester, sieve, baking tray and bowl.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Bell Pepper***	1	1	2
Lime**	½	1	1
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Worcester Sauce 13)	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Plain Taco Tortilla 13)	4	6	8
Creme Fraiche** 7)	75g	150g	150g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	566g	100g
Energy (kJ/kcal)	3233 / 773	571 / 137
Fat (g)	39	7
Sat. Fat (g)	19	3
Carbohydrate (g)	63	11
Sugars (g)	12	2
Protein (g)	38	7
Salt (g)	3.07	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Beef

- Preheat the oven to 200°C.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Bake the Tortillas

- Meanwhile, lay the **tortillas** onto a large baking tray in a single layer and drizzle with a little **oil**.
- Season with **salt** and bake on the top shelf of your oven until golden and crispy, 4-6 mins.



Prep the Veggies

- Meanwhile, halve the **pepper**, discard the core and the seeds, then chop into small pieces.
- Zest and chop the **lime** into wedges (see ingredients for amount).
- Drain and rinse the **kidney beans** in a sieve.



Make the Zesty Cream

- Meanwhile, mix together the **lime zest** and **creme fraiche** in a small bowl.



Simmer and Spice

- Add the **pepper** and **Mexican style spice mix** to the **beef mince** and stir-fry for 1 min.
- Mix in the **Worcester sauce**, **tomato passata**, **kidney beans** and **beef stock paste**. Using the back of a fork, crush **half** the **beans** once they're in the pan.
- Bring to the boil, reduce the heat to medium-low and simmer until thickened, 7-8 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Ready to Serve

- Serve the **crisp tostadas** (2 per person) on plates.
- Top with spoonfuls of the **beef and bean mix** - as much as you'd like.
- Spoon on a dollop of **zesty creme fraiche** and serve with **lime wedges** alongside. **TIP:** Tostadas are best enjoyed eaten by hand - get stuck in!

Enjoy!