



FEISTY FRIJOLE TOSTADAS

with Plantain, Pickled Red Onion, and Avocado



HELLO PLANTAIN

A member of the banana family, this semisweet fruit is rich in vitamins.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 820**



Plantain



Radishes



Avocado



Cumin



Honey



Feta Cheese
(Contains: Milk)



Black Beans



Red Onion



Lime



Flour Tortillas
(Contains: Wheat)



Cilantro

START STRONG

To peel the plantain, cut off the ends, then make a slit down the length of the skin and peel it away.

BUST OUT

- Strainer
- Small bowl
- Large pan
- Baking sheet
- Oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-------------------|-----------------|
| • Plantain | 1 2 |
| • Black Beans | 1 Box 2 Boxes |
| • Radishes | 3 6 |
| • Red Onion | 1 2 |
| • Avocado | 1 2 |
| • Lime | 1 2 |
| • Cumin | 1 tsp 2 tsp |
| • Flour Tortillas | 4 8 |
| • Honey | 1 tsp 2 tsp |
| • Cilantro | ¼ oz ½ oz |
| • Feta Cheese | ½ Cup 1 Cup |

HELLO WINE



PAIR WITH
Joyce Eloise Mendoza
Malbec, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Peel **plantain**, then slice into ½-inch-thick rounds. Drain and rinse **black beans**, reserving ¼ **cup liquid** from can. Thinly slice **radishes**. Halve, peel, and thinly slice **onion**. Halve, pit, and peel **avocado**, then thinly slice. Halve **lime**. Cut one half into wedges.



4 TOAST TORTILLAS

Place **tortillas** on a baking sheet. Toast in oven until golden brown and crisp, 4-6 minutes.



2 PICKLE ONION

In a small bowl, toss a quarter of the **onion** with juice from **lime half**.



5 COOK PLANTAIN

Remove **bean mixture** from pan and cover to keep warm. Wipe out pan, then heat a thin layer of **oil** in it (we used 1 TBSP) over medium-high heat. Add **plantain** and cook until soft and browned, 3-4 minutes per side. (**TIP:** Reduce heat if plantain browns before soft.) Remove from pan, then drizzle with **1 tsp honey** (we sent more). Season with **salt and pepper**.



3 COOK BEANS

Heat a drizzle of **oil** in a large pan over medium heat. Add remaining **onion** and cook, tossing, until softened, 4-5 minutes. Add **beans** and **cumin** and stir until warm, 1-2 minutes. Remove from heat. Mash with a potato masher or fork until creamy, adding reserved **bean liquid** as needed to reduce stiffness. Season with **salt and pepper**.



6 ASSEMBLE AND SERVE

Top **tortillas** with **bean mixture**, **plantain**, **avocado**, **pickled onion**, **radishes**, and a few sprigs of **cilantro**. Sprinkle with **feta cheese** and squeeze over a bit of **lime**. Serve with **lime wedges** on the side for squeezing over.

TOP BANANA!

Love the plantain? It's great as a snack on its own, too.

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