



# Mexican-Style Beanie Tostadas

with Guacamole and Cheese

**CLASSIC** 30 Minutes • Medium Heat • 3 of your 5 a day • Veggie

N° 5



Whole Wheat Soft Tortilla



Echalion Shallot



Garlic



Yellow Pepper



Courgette



Mixed Beans



Fajita Seasoning



Finely Chopped Tomatoes



Knorr Vegetable Stock Pot



Coriander



Cheddar Cheese



Avocado



Lime

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Colander, Frying Pan, some Kitchen Paper, a Coarse Grater and Mixing Bowl.

### Ingredients

	2P	3P	4P
Whole Wheat Soft Tortilla <b>13)</b>	2	3	4
Echalion Shallot**	1	1	2
Garlic**	2	3	4
Yellow Pepper**	1	2	2
Courgette**	1	1	2
Mixed Beans	1 carton	2 cartons	2 cartons
Fajita Seasoning	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Knorr Vegetable Stock Pot <b>10)</b>	1 pot	1½ pots	2 pots
Coriander**	1 bunch	1 bunch	1 bunch
Cheddar Cheese <b>7)**</b>	1 block	2 blocks	2 blocks
Avocado**	1	1	2
Lime**	½	1	1

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>711g</b>	<b>100g</b>
Energy (kJ/kcal)	2395 /573	337 /81
Fat (g)	25	4
Sat. Fat (g)	7	1
Carbohydrate (g)	53	7
Sugars (g)	20	3
Protein (g)	25	4
Salt (g)	4.35	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Prep the Tortillas

Preheat your oven to 200°C. Arrange the **tortillas** in a single layer on a lightly-oiled baking tray and drizzle over a little **oil**. Season with **salt** and **pepper**. Set aside.



## 4. Bake the Tostadas

Meanwhile, pop the tray of **tortillas** on the top shelf of your oven and bake until golden brown and crispy 3-5 mins. Keep an eye out - you want them to be golden and crispy but not burnt! Once cooked, remove from your oven and lay on some kitchen paper to absorb any excess oil.



## 2. Prep the Veggies

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and remove the core and seeds. Slice into thin strips. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Drain and rinse the **mixed beans** in a colander.



## 5. Make the Guacamole

Meanwhile, roughly chop the **coriander**. Grate the **cheddar cheese**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out all of the insides into a bowl. Add **half** the **coriander**. Squeeze in some **lime juice** and mash with a fork. Season with **salt** and **pepper** and keep to one side.



## 3. Cook the Beans

Heat a splash of **oil** in a frying pan on medium heat. Add the **shallot**, **pepper** and **courgette**. Stir and cook until soft, 5-6 mins. Add the **garlic** and **fajita spice** (add less spice if you're not a fan of heat!) and stir well. Cook for 1 min more, then add the **mixed beans**, **chopped tomatoes** and **Knorr vegetable stock pot**. Stir well, then bubble away until the liquid has reduced by half, 10-15 mins.



## 6. Assemble and Serve

Season the **bean mixture** to taste with **salt** and **pepper**. Lay one **tostada** on each plate and pile high with the **beanie mixture**. Add a sprinkle of **grated cheese** and a dollop of **guacamole**. Finish with the remaining **coriander**.

**Tuck in!**