



Mexican Style Beanie Tostadas with Guacamole and Cheese

Classic 30-35 Minutes • Little Spice • 4 of your 5 a day • Veggie

20



Tortilla



Echalion Shallot



Garlic Clove



Bell Pepper



Courgette



Mixed Beans



Mexican Spice



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Coriander



Cheddar Cheese



Avocado



Lime

Before you start

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

Cooking tools, you will need:

Baking Tray, Garlic Press, Colander, Frying Pan, Grater and Bowl.

Ingredients

	2P	3P	4P
Tortilla 13)	4	6	8
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Courgette**	1	1	2
Mixed Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Coriander**	1 bunch	1 bunch	1 bunch
Cheddar Cheese** 7)	60g	90g	120g
Avocado	1	1	2
Lime**	½	1	1

*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	742g	100g
Energy (kJ/kcal)	3023 / 723	408 / 98
Fat (g)	33	4
Sat. Fat (g)	12	2
Carbohydrate (g)	74	10
Sugars (g)	21	3
Protein (g)	29	4
Salt (g)	4.20	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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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.



Bake the Tortillas

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**.



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.



Make the Guac

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**. Halve the **lime**, squeeze in some **lime juice** and mash with a fork. Season with **salt** and **pepper** and keep to one side.



Cook the Beans

Heat a drizzle 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 **Mexican spice** (add less if you don't like too much heat) and stir well. Cook for 1 min more, then add the **mixed beans**, **chopped tomatoes** and **vegetable stock paste**. Stir well, then simmer until the liquid has reduced by half, 10-12 mins. **TIP:** Add a splash more water if the mixture looks a little dry.



Assemble and Serve

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

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.