



MAY
2016

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, nearly black plantains can be fried into maduros. Starchy and slightly sweet, maduros are the star of these tostadas. Paired with the bite of pickled onion, the creaminess of avocado, and smoky cumin, each bite has the perfect balance of flavor.



Prep: 10 min
Total: 35 min



level 2



veggie



nut free



Yellow Plantain



Black Beans



Radishes



Red Onion



Feta Cheese



Avocado



Flour Tortillas



Cumin



Cilantro



Lime



Honey

Ingredients

	2 People	4 People
Yellow Plantain	1	2
Black Beans	1 Box	2 Boxes
Radishes	3	6
Red Onion	1	2
Feta Cheese	1) ½ Cup	1 Cup
Avocado	1	2
Flour Tortillas	2) 4	8
Cumin	1 t	2 t
Cilantro	¼ oz	½ oz
Lime	1	2
Honey	1 t	2 t
Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat

Tools

Strainer, Small bowl, Large pan, Baking sheet

Ruler

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Nutrition per person Calories: 837 cal | Fat: 32 g | Sat. Fat: 9 g | Protein: 28 g | Carbs: 106 g | Sugar: 25 g | Sodium: 759 mg | Fiber: 28 g

1



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. Peel and slice the **plantain** into ½-inch rounds. Drain and rinse the **black beans**, reserving ¼ cup liquid. 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 wedges.

2 Pickle the red onion: Toss ¼ of the **onion** in a small bowl with the juice of the **lime half**.

3



3 Cook the beans: Heat a drizzle of **oil** in a large pan over medium heat. Add the remaining **onion** to the pan and cook, tossing for 4-5 minutes, until softened. Add the **black beans** and **cumin** to the pan and toss until heated through. Mash the beans slightly with a fork, adding some of the **reserved liquid** as necessary to reach a creamy texture. Season with **salt** and **pepper**. Remove from the pan and cover to keep warm.

4 Toast the tortillas: Place the **tortillas** on a baking sheet and toast in the oven for 4-6 minutes until golden brown and crispy.

4



5 Cook the plantain slices: In the same pan you used for the **beans**, heat a thin layer of **oil** over medium-high heat. Add the **plantain** slices to the pan and cook for 3-4 minutes per side, until very soft and golden brown. **TIP:** Reduce the heat if the plantain begins to brown too quickly. Once cooked, remove from the pan and drizzle with **1 teaspoon honey**. Season with **salt** and **pepper**.

5



6 Assemble the tostadas: Top the **tortillas** with the **beans**, **plantains**, **avocado slices**, **pickled red onions**, **radishes**, and a few sprigs of **cilantro**. Finish with a sprinkle of **feta cheese** and a squeeze of **lime**. Enjoy!

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