



Veggie Tostadas

with Roasted Peppers and Zesty Crema

N° 8

BALANCED 20 Minutes • Under 600 Calories • 2.5 of your 5 a day • Veggie



Green Pepper



Carrot



Kidney Beans



Mexican Spice



Finely Chopped Tomatoes



Vegetable Stock Powder



Wholemeal Tortillas



Coriander



Lime



Soured Cream

Before you start

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

Basic cooking tools you will need:

Two Baking Trays, Coarse Grater, Sieve, Frying Pan and Fine Grater.

Ingredients

	2P	3P	4P
Green Pepper**	2	3	4
Carrot**	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 pot	¾ pot	1 pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder (10)	1 sachet	1½ sachets	2 sachets
Wholemeal Tortilla (13)	4	6	8
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Soured Cream (7)**	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	665g	100g
Energy (kJ/kcal)	2266 /542	341 /81
Fat (g)	13	2
Sat. Fat (g)	5	1
Carbohydrate (g)	75	11
Sugars (g)	23	3
Protein (g)	24	4
Salt (g)	4.65	0.70

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Peppers

Preheat your oven to 200°C. Halve the **pepper**, discard the core and seeds and thinly slice. Put the **peppers** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf of your oven until soft and slightly charred, 12-15 mins, turning halfway.



4. Bake the Tortillas

Halfway through your pepper's cooking time, lightly oil another baking tray and pop the **tortillas** onto the tray in a single layer. Drizzle on some **oil** and season with **salt** and **pepper**. Bake in the oven on the middle shelf until crisp and golden, 4-5 mins. **TIP: Watch they don't burn!**



2. Prep

Meanwhile, trim the **carrot** and grate on the coarse side of your grater (no need to peel). Drain and rinse the **kidney beans** in a sieve.



5. Make the Limey cream

Meanwhile, roughly chop the **coriander** (stalks and all). Zest the **lime** and chop into wedges. Pop the **sour cream** in a small bowl. Add the **lime zest** and season with **salt** and **pepper**. Stir together.



3. Cook the Sauce

Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **beans** and **Mexican spice**. Cook, stirring, for one minute. Stir in the **grated carrot**, **finely chopped tomatoes** and **vegetable stock powder**. Bring to the boil, stir to dissolve the **stock**. Reduce the heat to medium and simmer, stirring occasionally, until thick and tomatoey, 7-8 mins.



6. Serve

Stir half the **coriander** through the **bean mixture** and season to taste with **salt** and **pepper** if needed. Serve the crisp **tortillas** on plates topped with a helping of the **veggie bean mix**, the roasted **peppers**, a dollop of **lime crema** and a sprinkling of remaining **coriander**. Finish with **lime wedges** for squeezing over.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • Low Sugar

Featured Ingredient: Carrots are a rich source of vitamin A, which is important for the growth and the development of the immune system.

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.