



More than Food

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Roasted Vegetable Tostadas

with Tomato-Avocado Salsa

A real flavor fiesta, these tostadas are topped with creamy black beans and cheese, along with hearty roasted zucchini and poblano peppers. Top it with a tomato-avocado salad, some sour cream, and the party's just getting started!



Zucchini



Black Beans



Poblano Pepper



Avocado



Red Onion



Flour Tortillas



Mozzarella Cheese



Sour Cream



Lime



Tomato

Ingredients

	2 People	4 People
Zucchini	1	2
Black Beans	1 box	2 boxes
Poblano Pepper	1	2
Avocado	1	2
Red Onion	1	2
Flour Tortillas	1)	4
Mozzarella Cheese	2)	½ C
Sour Cream	2)	2 T
Lime	1	2
Tomato	1	2
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Baking Sheet, Medium
Bowl, Small Pot

Nutrition per person Calories: 739 cal | Carbs: 79 g | Fat: 30 g | Protein: 32 g | Fiber: 28 g | Sodium: 654 mg

Make sure to wash and dry produce before prepping or cooking!



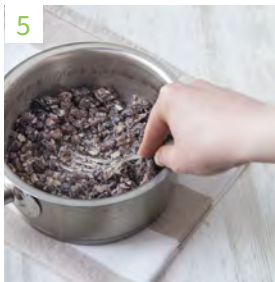
1 Preheat the oven to 400 degrees. Slice the **zucchini** into ½-inch rounds. Core, seed, and remove the white ribs from the **poblano**, then thinly slice. Place the **tortillas** on a baking sheet and bake for about 4 minutes, until crispy. Set aside.



2 **Roast the vegetables:** Toss the **zucchini** and **poblano** on the same baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, tossing halfway through cooking, until tender and golden brown.

3 Meanwhile, halve, pit, and dice the **avocado**. Halve, peel, and finely dice ¼ **cup red onion**. Core, seed, and dice the **tomato**. Halve the **lime**.

4 **Make the tomato-avocado salsa:** Toss the **tomato**, **onion** (to taste), and **avocado** in a medium bowl with a drizzle of **olive oil**, a **squeeze of lime**, and a pinch of **salt** and **pepper**.



5 In a small pot, heat the **black beans** and their liquid over medium-low heat, stirring occasionally. Once warmed through, mash with a fork until fairly smooth. Season with **salt** and **pepper**.

6 **Make the tostadas:** Spread the **mashed black beans** onto the **crispy tortillas**. Top with the **mozzarella** and **roasted vegetables**. Place on a baking sheet and bake for about 5 minutes, until the cheese has melted.



7 Top the **tostadas** with the **tomato-avocado salsa** and a dollop of **sour cream**. Finish with a squeeze of **lime**, if desired. Enjoy!

Ruler

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