



# SMASHED BLACK BEAN TOSTADAS

with Green Pepper, Pico de Gallo & Lime Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Onion



¼ oz | ¼ oz  
Cilantro



1 | 2  
Lime



1 | 2  
Long Green  
Pepper



1 | 2  
Black Beans



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



1 TBSP | 2 TBSP  
Southwest Spice  
Blend



1 | 2  
Tex-Mex Paste



½ Cup | 1 Cup  
Mexican Cheese  
Blend  
Contains: Milk



4 oz | 8 oz  
Pico de Gallo



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Ground Beef\*\*

Calories: 1280



10 oz | 20 oz  
Ground Turkey

Calories: 1140



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 900





HELLO

## SMASHED BLACK BEANS

Simmering then mashing these beans makes them extra-creamy.

### FORK IT OVER

Pricking tortillas with a fork prevents them from forming air pockets and puffing up. Flat tortillas = more room for toppings!

### BUST OUT

- Strainer
- Potato masher
- Small bowl
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TSP | 1 TSP) (1 TSP | 1 TSP) 🇺🇸 🇺🇸
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 PREP & MAKE CREMA

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Quarter **lime**. Halve, core, and thinly slice **green pepper** into strips. Halve, peel, and thinly slice **onion**. Drain and rinse **beans**. Roughly chop **cilantro**.
- In a small bowl, combine **sour cream** with a **squeeze of lime juice**. Season with **salt** and **pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.

- 🇺🇸 Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef\*** or **turkey\***; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until lightly browned, 3-5 minutes (**it will cook through in Step 5**). Turn off heat; transfer to a plate. Carefully discard any excess grease from pan if necessary. Wipe out pan.



### 4 TOAST TORTILLAS

- Drizzle **tortillas** with **1 TBSP olive oil** (**2 TBSP for 4 servings**); brush or rub to coat all over. Arrange on a baking sheet in a single layer (**divide between 2 sheets for 4**). Gently prick each tortilla in a few places with a fork.
- Bake on top rack, flipping halfway through, until lightly golden, 4-5 minutes per side. (**For 4, bake on top and middle racks; flipping tortillas and swapping rack positions halfway through.**) **TIP: Watch carefully to avoid burning.**



### 2 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper**, **onion**, and **half the Southwest Spice Blend** (**you'll use the rest in the next step**). Cook, stirring occasionally, until lightly charred and softened, 5-7 minutes. Season with **salt** and **pepper**.
- Turn off heat; transfer to a plate.

- 🇺🇸 Use pan used for beef or turkey here.



### 5 BUILD TOSTADAS

- Once **tortillas** are toasted, remove sheet from oven. Carefully spread each tortilla with **smashed beans**, then top with **veggies** and **Mexican cheese blend**.
- Return to top rack until cheese melts, 2-3 minutes.
- 🇺🇸 Add **beef** or **turkey** to **tortillas** along with **veggies**, then top with **Mexican cheese blend**. Cook through the rest of this step as instructed.



### 3 MAKE SMASHED BEANS

- Heat pan used for veggies over medium-high heat. Add **beans**, **Tex-Mex paste**, **remaining Southwest Spice Blend**, and **¼ cup water** (**½ cup for 4 servings**). Bring to a simmer and cook, stirring occasionally, until liquid has mostly evaporated, 3-4 minutes.
- Remove from heat; gently mash beans with a potato masher or back of a spoon. Stir in **1 TBSP butter** (**2 TBSP for 4**) until melted. (**TIP: If mixture is too thick, stir in a splash of water.**) Season with **salt** and **pepper**.



### 6 SERVE

- Divide **tostadas** between plates. Top with **pico de gallo**, **lime crema**, and as much **cilantro** as you like. Serve with **remaining lime wedges** on the side.

🇺🇸 \*Ground Beef is fully cooked when internal temperature reaches 160°.

🇺🇸 \*Ground Turkey is fully cooked when internal temperature reaches 165°.