



VEGAN SWEET POTATO & BLACK BEAN TOSTADAS

with Bell Pepper, Salsa & Creamy Guacamole

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Sweet Potato



1 | 2
Onion



1 TBSP | 2 TBSP
Fajita Spice Blend



1 | 2
Tomato



¼ oz | ½ oz
Cilantro



1 | 2
Lime



1 | 1
Jalapeño



4 TBSP | 8 TBSP
Vegan Mayonnaise



4 TBSP | 8 TBSP
Guacamole



6 | 12
Flour Tortillas
Contains: Soy, Wheat



16 oz | 32 oz
Refried Black Beans



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

*The ingredient you received may be a different color.

**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: 1370



10 oz | 20 oz
Ground Turkey
Calories: 1230



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1000



HELLO





TOSTADAS

Translating to “toasted,” these crunchy, flat tortillas can be piled with all sorts of toppings.

FORK IT OVER

We prick tortillas with a fork to prevent air pockets and puffiness. Flat tortillas = more surface area for toppings!

BUST OUT

- Peeler
- Whisk
- 2 Baking sheets
- Can opener
- Medium bowl
- Medium pot
- Small bowl
- Large pan  
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 3 TBSP) (1 tsp | 1 tsp)  

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

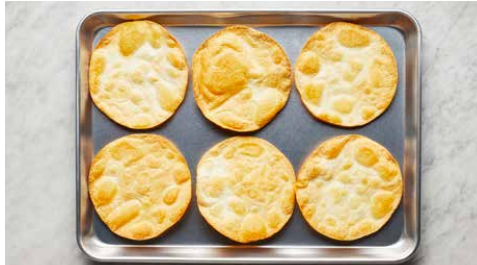
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1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, core, and thinly slice **bell pepper** into strips. Peel and dice **sweet potato** into ½-inch pieces. Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (4 TBSP for 4 servings).





4 MAKE TOSTADAS

- Drizzle **tortillas** with 1 TBSP oil (2 TBSP for 4 servings); brush or rub to coat both sides. Arrange on a second baking sheet in a single layer. Gently prick each tortilla in a few places with a fork.
- Bake on middle rack, flipping halfway through, until lightly golden, 2-3 minutes per side. (For 4, wait for veggies to finish roasting, then transfer veggies to a large bowl. Divide tortillas between baking sheets and bake on top and middle racks, flipping tortillas and swapping rack positions halfway through.) **TIP: Watch carefully—tortillas can quickly go from toasted to burned!**



2 ROAST VEGGIES

- Toss **bell pepper**, **sweet potato**, and **sliced onion** on a baking sheet with a **large drizzle of oil**, **Fajita Spice Blend**, a **big pinch of salt**, and **pepper**.
- Roast on top rack until browned and tender, 20-25 minutes. (For 4 servings, divide veggies between 2 sheets; roast on top and middle racks.)
-  Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat.
-  Add **beef*** or **turkey*** to pan; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.



5 WARM BEANS

- Meanwhile, heat a **drizzle of oil** in a medium pot over medium-high heat. Add **refried black beans** and cook until warmed through, 1-2 minutes.





3 MAKE SALSA & MIX GUAC

- While veggies roast, dice **tomato** into ¼-inch pieces. Roughly chop **cilantro**. Quarter **lime**. Mince **jalapeño**, removing ribs and seeds for less heat.
- In a medium bowl, combine tomato, **minced onion**, cilantro, juice from half the lime, a **pinch of salt and pepper**, and as much jalapeño as you like.
- In a small bowl, whisk together **mayonnaise** and **guacamole**. Whisk in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt**.



6 FINISH & SERVE

- Divide **tostadas** between plates; spread each with **refried beans**. Top with **roasted veggies**, **salsa**, and **creamy guacamole**. Serve with **remaining lime wedges** on the side.
-  Top **tostadas** with **beef** or **turkey** along
-  with **veggies**.

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

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