



# SMASHED BLACK BEAN TOSTADAS

with Green Pepper, Pico de Gallo & Lime Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Onion



1 | 2  
Tomato



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



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  
Chopped Chicken  
Breast

Calories: 1080



10 oz | 20 oz  
Ground Beef\*\*

Calories: 1260



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 890



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

- 2 Small bowls
  - Potato masher
  - Baking sheet
  - Large pan
  - Strainer
- 
- 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

### 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 & MAKE TOPPINGS

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (4 TBSP for 4). Dice **tomato**. Roughly chop **cilantro**. Quarter **lime**. Halve, core, and thinly slice **green pepper** into strips. Drain and rinse **beans**.
- In a small bowl, combine **minced onion**, tomato, half the cilantro, and a **squeeze of lime juice**. Season with **salt** and **pepper**.
- In a separate 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.



### 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**, **sliced 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.
- 🍴 Before cooking **veggies**, open package of **chicken\*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **beef\***; season with **salt** and **pepper**. Cook, stirring frequently, until lightly browned, 3-5 minutes (it will cook through in Step 5). Turn off heat; transfer to a plate. Drain any excess grease from pan, then cook through the rest of this step as instructed.



### 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 **chicken** or **beef** to tostadas along with **veggies**, then top with **Mexican cheese blend**. Return to top rack until chicken or beef is cooked through and cheese melts, 2-3 minutes.



### 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 **remaining cilantro**. Serve with **remaining lime wedges** on the side.

\*Chicken is fully cooked when internal temperature reaches 165°.

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