



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
OR GIVE US A CALL AT (646) 846-3663.

*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
 - Baking sheet
 - Strainer
 - Potato masher
 - 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

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.

HOW WAS YOUR MEAL?



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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 lime wedges** on the side.

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

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