



# Black Bean and Plant Based Chicken Tostadas with Sweetcorn and Lime Mayonnaise

**Rapid** 20 Minutes • Little Heat • 1.5 of your 5 a day • Veggie

19



Lime



Shallot



Spring Onion



Black Beans



Sweetcorn



Garlic Clove



Vivera Plant Chicken Pieces



Mexican Spice



Vegetable Stock Powder



Mayonnaise



Soft Taco Tortillas

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Fine Grater, Sieve, Frying Pan, Measuring Jug and Baking Tray.

## Ingredients

	2P	3P	4P
Lime**	½	1	1
Shallot**	1	1	2
Spring Onion**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Sweetcorn	1 small tin	¾ large tin	1 large tin
Garlic Clove**	1 clove	2 cloves	2 cloves
Vivera Plant Chicken Pieces <b>11)</b> <b>13)**</b>	1 pack	1½ packs	2 packs
Mexican Spice	1 small sachet	¾ large sachet	1 large sachet
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Mayonnaise <b>8) 9)</b>	1 sachet	2 sachets	2 sachets
Soft Taco Tortillas <b>13)</b>	6	9	12

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	467g	100g
Energy (kJ/kcal)	2646 /633	566 /135
Fat (g)	10	2
Sat. Fat (g)	3	1
Carbohydrate (g)	88	19
Sugars (g)	12	3
Protein (g)	37	8
Salt (g)	4.35	0.93

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

8) Egg 9) Mustard 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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You can recycle me!



## Get Prepped!

- Preheat your oven to 200°C.
- Zest and halve the **lime**.
- Halve, peel and chop the **shallot** into small pieces.
- Trim the **spring onions** then slice thinly.
- Drain and rinse the **black beans** in a sieve and pop into a bowl. Crush the **beans** with the back of a fork until slightly broken up.
- Drain and rinse the **sweetcorn** in a sieve.
- Peel and grate the **garlic** (or use a garlic press).



## Zesty Mayo Time

- Pop the **mayonnaise**, **lime zest** and a squeeze of **lime juice** into a small bowl.
- Season with **salt** and **pepper** and stir together. Add a splash of **water** and stir until it has a pourable consistency.
- Cut any remaining **lime** into **wedges**.



## Start Cooking!

- Heat a drizzle of **oil** in a large frying pan (preferably non-stick) over medium-high heat.
- Once hot, add the **Vivera Plant Chicken Pieces** and stir-fry until golden brown all over, 3-4 mins.
- Transfer to a plate, but don't wash up the pan!



## Taco Time

- A few minutes before the **chicken mixture** is ready, lay the **tortillas** on a large baking tray in a single layer and drizzle with a little **oil**.
- Season with **salt** and bake on the top shelf of the oven until golden and crispy, 4-5 mins.



## Keep Cooking

- Return the pan to the heat with a drizzle more **oil** if needed. Add the **shallot** and cook, stirring, until softened, 2-3 mins.
- Add the **garlic** and **Mexican spice** and continue to cook, stirring, for 1 minute.
- Add the **water** (see ingredients for amount) and **vegetable stock powder**, stir to dissolve the **stock**.
- Add the **black beans**, **sweetcorn** and **chicken pieces**, season with **salt** and **pepper** and stir together. Bring to a simmer and cook until the **liquid** has reduced and the **sauce** has thickened, 6-8 mins.



## Serve!

- When everything is ready, divide the **tacos** between plates and top with the **chicken and bean mixture**.
- Drizzle over the **zesty mayo**, scatter over the **spring onion** and serve with **lime wedges** alongside.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.