



Black Bean & Sweetcorn Tostadas

with Sour Cream & Cheddar Cheese

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Sweetcorn



Coriander



Black Beans



Lime



Mini Flour Tortillas



Mexican Fiesta Spice Blend



Tomato Paste



Baby Spinach Leaves



Shredded Cheddar Cheese



Sour Cream

- Hands-on: 20-30 mins
- Ready in: 25-35 mins
- Spicy (Mexican Fiesta spice blend)

If you haven't turned tortillas into tostadas before, get ready for a lightbulb moment. All you need to do is bake (or fry) them until they're firm and crisp, then load 'em up with tasty toppings. For your eating pleasure tonight, we've got a veggie-loaded black bean sauce, some shredded Cheddar, sour cream and coriander. Dig in!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper
Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| brown onion | ½ | 1 |
| garlic | 2 cloves | 4 cloves |
| carrot | 1 | 2 |
| sweetcorn | ½ tin | 1 tin |
| coriander | 1 bunch | 1 bunch |
| black beans | 1 tin | 2 tins |
| lime | ½ | 1 |
| mini flour tortillas | 6 | 12 |
| Mexican Fiesta spice blend | 1 sachet | 2 sachets |
| tomato paste | 1 tin | 2 tins |
| water* | ½ cup | 1 cup |
| baby spinach leaves | 1 bag (60g) | 1 bag (120g) |
| shredded Cheddar cheese | 1 packet (50g) | 1 packet (100g) |
| sour cream | 1 packet (100g) | 2 packets (200g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3130kJ (748Cal) | 551kJ (132Cal) |
| Protein (g) | 29.7g | 5.2g |
| Fat, total (g) | 28.2g | 5.0g |
| - saturated (g) | 12.8g | 2.3g |
| Carbohydrate (g) | 90.7g | 16.0g |
| - sugars (g) | 17.2g | 3.0g |
| Sodium (g) | 2030mg | 358mg |

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Drain the **sweetcorn** (see ingredients list). Roughly chop the **coriander**. Drain and rinse the **black beans**. Slice the **lime** (see ingredients list) into wedges.



4. Make it saucy

Add the **tomato paste** and the **water** to the frying pan and stir to coat. Add the **black beans**, then reduce the heat to medium and simmer until the **chilli** has thickened, **4-5 minutes**. Add the **baby spinach leaves** and cook until wilted, **1 minute**. Season to taste with **salt** and **pepper**.

TIP: Add a dash more water if you prefer a saucier chilli.



2. Prep the tortillas

Lightly **spray** (or brush) the **mini flour tortillas** with **olive oil** and spread out over an oven tray lined with baking paper. Using a fork, poke a few holes in the tortillas to stop them puffing up as they cook. Set aside.

TIP: If you want to serve as tacos instead, no need to bake the tortillas!



5. Bake the tortillas

While the chilli is simmering, place the oven tray with the **tortillas** on the top shelf of the oven and bake until golden and crisp, **6 minutes**.

TIP: Check on them and leave them in a little longer if they aren't ready yet. You want them to be golden and crisp but not burnt!



3. Start the chilli

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **2-3 minutes**. Add the **carrot** and **sweetcorn** and cook, stirring, until just softened, **3-4 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



6. Serve up

Bring everything to the table to serve. Build your tostadas by placing a helping of the black bean chilli on top of a tortilla. Top with a sprinkling of **shredded Cheddar cheese** and a dollop of **sour cream**. Garnish with coriander and serve with the lime wedges.

TIP: In traditional Mexican cuisine, tostadas are piled high with ingredients and eaten like an open sandwich. You can serve the crisp tostadas on the side of the toppings if you prefer, or just heat the tortillas and eat with the filling as tacos!

Enjoy!