



# MEXICAN BEANIE TOSTADAS

with Cheat's Guacamole and Cheese



## HELLO AVOCADO

The avocado is a climacteric fruit, meaning it matures on the tree but ripens off of the tree.



Corn Tortilla



Echalion Shallot



Garlic Clove



Yellow Pepper



Courgette



Mixed Beans



Mexican Spice



Plum Tomatoes



Vegetable Stock Pot



Cheddar Cheese



Avocado



Coriander



Lime

30 mins

eat within 3 days

5 of your 5 a day

Veggie

Medium Heat

Today we'll be whipping up a delicious Mexican feast, piled high on crispy, crunchy tostadas. A tostada is just a tortilla that has been toasted but the flavour marries perfectly with Mimi's spicy beans and some creamy avocado. Say 'Ole!' for guacamole!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **220°C**. Make sure you've got a **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Colander**, **Frying Pan**, some **Kitchen Paper** and a **Mixing Bowl**. Now, let's get cooking!



### 1 PREP THE TORTILLAS

Pop the **tortillas** in a single layer on a lightly-oiled baking tray and drizzle over a little **oil**. Season with **salt** and **black pepper**. Set aside.



### 2 PREP THE VEGGIES

Halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). Halve and remove the core from the **yellow pepper** and thinly slice into 1cm wide strips. Remove the top and bottom from the **courgette**, cut in half lengthways and chop into roughly 1cm chunks. Drain the **mixed beans** in a colander and rinse under cold running water.



### 3 COOK THE BEANS

Heat a drizzle of **oil** in a frying pan on medium heat. Add the **shallot**, **pepper** and **courgette**, a pinch of **salt** and a grind of **black pepper**. Cook until soft and brown, 5-6 mins. Add the **garlic** and **Mexican spice** (add less spice if you're not a fan of heat!) and stir well. Cook for 1 minute. Then add the **plum tomatoes**, **vegetable stock pot** and **mixed beans**. Cook for 10-15 mins until the liquid has reduced by half.



### 4 BAKE THE TORTILLAS

Meanwhile, pop the **tortillas** on the top shelf of your oven. Bake for 6-10 mins. Keep an eye on them, you want them to be golden and crispy but not burnt! When ready, remove from your oven and lay on some kitchen paper to absorb any excess **oil**.



### 5 MAKE THE GUAC

Grate the **cheddar cheese**. Slice the **avocado** in half lengthways and twist apart. Remove the stone and scoop out the flesh with a spoon. Pick the **coriander leaves** from their **stalks** and roughly chop both, keeping them separate. Add the **stalks** and half the **leaves** to the **avocado**. Squeeze in some **lime juice** and mash together with a fork (it doesn't have to be completely smooth).



### 6 ASSEMBLE AND SERVE

Lay one **tostada** on each plate and pile high with the **beans**. Add some **cheese** and a dollop of **guacamole**. Finish with a sprinkle of the remaining **coriander**. **Tuck in!**

## 2 PEOPLE INGREDIENTS

Corn Tortilla <sup>1)</sup>	2
Echalion Shallot, sliced	1
Garlic Clove, grated	1
Yellow Pepper, sliced	1
Courgette, chopped	1
Mixed Beans	1 tin
Mexican Spice	1½ tsp
Plum Tomatoes	1 tin
Vegetable Stock Pot <sup>9) 12)</sup>	½
Cheddar Cheese, grated <sup>7)</sup>	30g
Avocado	1
Coriander, chopped	1 bunch
Lime	½

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	606	74
(kJ)	2520	309
Fat (g)	30	4
Sat. Fat (g)	8	1
Carbohydrate (g)	53	6
Sugars (g)	18	2
Protein (g)	24	3
Salt (g)	3.48	0.43

### ALLERGENS

<sup>1)</sup>Gluten <sup>7)</sup>Milk <sup>9)</sup>Celery <sup>12)</sup>Sulphites

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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