



Mexican Style Beef Tostadas Rapias

with Zesty Soured Cream

Rapid 20 Minutes • Little Spice • 2 of your 5 a day

11



Beef Mince



Bell Pepper



Lime



Spring Onion



Kidney Beans



Mexican Style Spice



Worcester Sauce



Tomato Passata



Beef Stock Paste



Soft Shell Taco



Soured Cream

Before you start

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

Cooking tools, you will need:

Frying Pan, Wooden Spoon, Zester, Sieve, Baking Tray, Plate.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Bell Pepper***	1	1	2
Lime**	½	1	1
Spring Onion**	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice	1 sachet	1 sachet	2 sachets
Worcester Sauce	1 sachet	1½ sachets	2 sachets
13)			
Tomato Passata	1 carton	2 cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Soft Shell Taco 13)	4	6	8
Soured Cream 7) **	75g	100g	150g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	581g	100g
Energy (kJ/kcal)	2999/717	516/123
Fat (g)	32	6
Sat. Fat (g)	15	3
Carbohydrate (g)	63	11
Sugars (g)	13	2
Protein (g)	40	7
Salt (g)	2.71	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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, Soy, Gluten & Sulphites.

Contact

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 You can recycle me!



Cook the Beef

- Preheat the oven to 200°C.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks.
- Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Prep the Veggies

- Meanwhile, halve the **pepper**, discard the core and the seeds then chop into small pieces.
- Zest and chop the **lime** into **wedges** (see ingredients for amount).
- Trim and thinly slice the **spring onion**.
- Drain and rinse the **kidney beans** in a sieve.



Simmer

- Add the **pepper** and Mexican style **spice** to the **beef mince** and stir-fry for a minute.
- Mix in the **Worcester sauce**, **tomato passata**, **kidney beans** and **beef stock paste**. Using the back of a spoon, crush **half** the **beans** once they're in the pan.
- Bring to the boil, reduce the heat to low-medium and simmer until thickened, 7-8 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



Bake the Tacos

- Meanwhile, pop the **tacos** (2 per person) in a single layer on a lightly oiled baking tray and drizzle over some more **oil**.
- Bake in the oven until crispy and golden, 4-5 mins.
- Mix the **lime zest** into the **soured cream**.



Plate Up

- Serve the **crisp tacos** on plates.
- Top with a generous helping of the **Mexican-spiced beef mince**.
- Spoon on a dollop of **zesty soured cream** and a sprinkling of the **spring onion**.



Enjoy

- Serve with **lime wedges** alongside.

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.