



Hello  
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## Mexican Veggie Beanie Tostadas with Cheat's Guacamole and Cheese

Mimi has whipped up a delicious Mexican feast, piled high on homemade tostadas. Tostadas are simply toasted tortillas, making them crispy and crunchy! We have given you plenty more tortillas than needed in this recipe; have a look at the HelloFresh blog for ideas on what you can do with the leftovers!

 35 mins

 5 of your  
5 a day

 spicy

 veggie

 mealkit

 eat within  
3 days



Corn Tortillas  
(2)



Echalion Shallot  
(1)



Garlic Clove  
(1)



Yellow Pepper  
(1)



Courgette  
(1)



Mixed Beans  
(1 tin)



Mexican Spice  
(1½ tsp)



Plum Tomatoes  
(1 tin)



Vegetable Stock Pot  
(½)



Cheddar Cheese  
(30g)



Avocado  
(1)



Coriander  
(1 bunch)



Lime  
(½)

## 2 PEOPLE INGREDIENTS

- Corn Tortilla **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 **½**
- Cheddar Cheese **30g**
- Avocado **1**
- Coriander, chopped **1 bunch**
- Lime **½**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

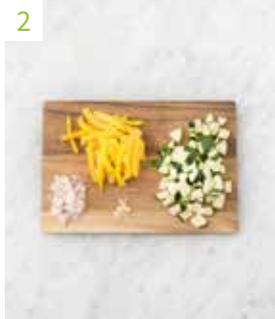
The avocado is a climacteric fruit, meaning it matures on the tree but ripens off of the tree.

**Allergens:** Milk, Gluten, Celery, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt	<b>Vegetable Stock Pot Ingredients:</b> Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains <b>Sulphites</b> ), Stabiliser [Tara Gum], <b>Celery</b> Salt, <b>Celery</b> Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.
<b>Per serving</b>	404 kcal / 1691 kJ	16 g	5 g	43 g	13 g	18 g	4 g	
<b>Per 100g</b>	71 kcal / 298 kJ	3 g	1 g	8 g	2 g	3 g	1 g	

2



**1** Preheat your oven to 220 degrees. Pop the **tortillas** in a single layer on a large lightly oiled baking tray and drizzle over some **oil**. Sprinkle over some **salt** and **black pepper**. Keep to one side.

4



**2** Cut the **echalion shallot** in half through the root. Peel and then thinly slice into half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the core from the **yellow pepper**, then thinly slice into 1cm wide strips. Cut the top and bottom off the **courgette**, then cut in half lengthways, cut each half into four long lengths and then chop into roughly 1cm chunks. Drain the **mixed beans** in a colander and rinse under cold running water.

**3** Put a frying pan on medium heat with a drizzle of **oil**. Add your **shallot, pepper** and **courgette** along with a pinch of **salt** and a grind of **black pepper**. Cook for 5-6 mins until slightly browned.

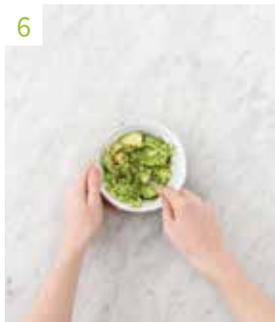
5



**4** Add your **garlic** and **Mexican spice** (add less spice if you're not a fan of heat!) to your mixture. Stir together and cook for 1 minute more until fragrant, then add the **plum tomatoes**. Add the **vegetable stock pot**. Stir until it dissolves then add your **mixed beans**. Stir together and cook for 10-15 mins until the liquid has reduced by half. **Tip:** *If your mixture looks too dry, just add 1 tbsp of water!*

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

6



**6** Grate the **cheddar cheese**. Slice lengthways into the **avocado**, once you reach the stone turn your **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out all the insides into a bowl. Roughly chop the **coriander** (both stalks and leaves, but keep separate) and add your **stalks** and half your **leaves** to your **avocado**. Squeeze in a good splash of **lime juice** and mash together with a fork. You've just made guacamole! **Tip:** *It should still be a little lumpy for that rustic look!*

**7** Assemble your **tostadas** by laying one on each plate, piling high with your **veggie beans**, then adding some **cheese** and a dollop of **guacamole**. Finish with a sprinkle of your remaining **coriander leaves** and tuck in!

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