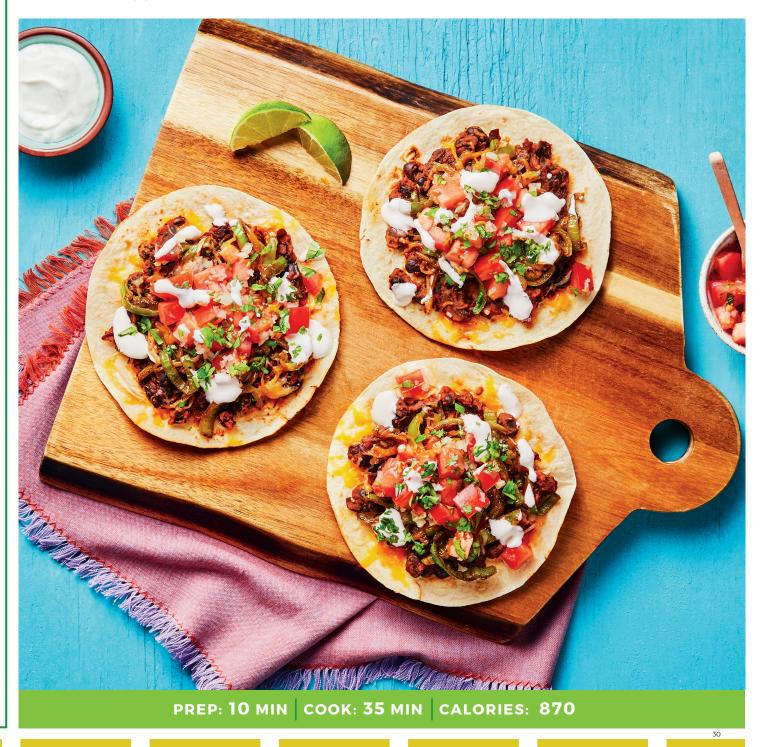


# **SMASHED BLACK BEAN TOSTADAS**

with Green Pepper, Pico de Gallo & Lime Crema





#### **HELLO**

#### SMASHED BLACK BEANS

Simmering then mashing these beans makes them extra-creamy.

## FORK IT OVER

Pricking tortillas with a fork prevents them from forming air pockets and puffing up. Flat tortillas = more room for toppings!

#### **BUST OUT**

• 2 Small bowls	<ul> <li>Strainer</li> </ul>
<ul> <li>Baking sheet</li> </ul>	• Potato masher

- Large pan Paper towels 😒
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 2 TBSP)
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) (9 (9)
- Butter (1 TBSP | 2 TBSP)
   Contains: Milk



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Chicken is fully cooked when internal temperature reaches 165°.

\*Ground Beef is fully cooked when internal temperature reaches 160°.



# **1 PREP & MAKE TOPPINGS**

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 450 degrees. Wash and dry produce.
- Halve, peel, and thinly slice onion; mince a few slices until you have 2 TBSP (4 TBSP for 4). Dice tomato. Roughly chop cilantro. Quarter lime. Halve, core, and thinly slice green pepper into strips.
- In a small bowl, combine minced onion, tomato, half the cilantro, and a squeeze of lime juice. Season with salt and pepper.
- In a separate small bowl, combine sour cream with a squeeze of lime juice.
   Season with salt and pepper. Stir in water
   1 tsp at a time until mixture reaches a drizzling consistency.



#### **4 MAKE SMASHED BEANS**

- Meanwhile, drain and rinse beans.
- Heat pan used for veggies over mediumhigh heat. Add beans, Tex-Mex paste, remaining Southwest Spice Blend, and ¼ cup water (⅓ cup for 4 servings). Bring to a simmer and cook, stirring occasionally, until liquid has mostly evaporated, 3-4 minutes.
- Remove from heat; gently mash beans with a potato masher or back of a spoon. Stir in **1 TBSP butter** (2 TBSP for 4) until melted. (TIP: If mixture is too thick, stir in a splash of water.) Season with salt and pepper.



## **2 TOAST TORTILLAS**

- Drizzle tortillas with 1 TBSP olive oil

   (2 TBSP for 4 servings); brush or rub to coat all over. Arrange on a baking sheet in a single layer (divide between 2 sheets for 4). Gently prick each tortilla in a few places with a fork.
- Bake on top rack, flipping halfway through, until lightly golden, 4-5 minutes per side.
   (For 4, bake on top and middle racks; flipping tortillas and swapping rack positions halfway through.) TIP: Watch carefully to avoid burning.
- Pat chicken\* dry with paper towels. Heat
   a drizzle of oil in a large pan over medium-high heat. Add chicken or beef\*; season with salt and pepper. Cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat. Transfer chicken to a cutting board, or transfer beef to a plate. Wipe out pan.



#### **5 BUILD TOSTADAS**

- Once **tortillas** are toasted, remove sheet from oven. Carefully spread each tortilla with **smashed beans**, then top with **veggies** and **Mexican cheese blend**.
- Return to top rack until cheese melts, 2-3 minutes.
- Before topping tostadas with cheese, cut
   chicken into bite-size pieces if necessary. Place chicken or beef atop tostadas; cook through the rest of this step as instructed.



# **3 COOK VEGGIES**

- While tortillas toast, heat a drizzle of oil in a large pan over medium-high heat. Add green pepper, sliced onion, and half the Southwest Spice Blend (you'll use the rest in the next step). Cook, stirring occasionally, until lightly charred and softened, 5-7 minutes. Season with salt and pepper.
- Turn off heat: transfer to a plate.
- Use pan used for chicken or beef here.



#### 6 SERVE

- Divide **tostadas** between plates. Top with **pico de gallo**, **lime crema**, and **remaining cilantro**. Serve with **remaining lime wedges** on the side.
- WK 32-30