



SMASHED BLACK BEAN TOSTADAS

with Green Pepper, Pico de Gallo & Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



1 | 2
Long Green Pepper



1 | 2
Tomato



1 | 2
Lime



¼ oz | ¼ oz
Cilantro



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



6 | 12
Flour Tortillas
Contains: Soy, Wheat



1 TBSP | 2 TBSP
Southwest Spice Blend



13.4 oz | 26.8 oz
Black Beans



1 | 2
Tex-Mex Paste



½ Cup | 1 Cup
Mexican Cheese Blend
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Breast Strips
Calories: 1070



10 oz | 20 oz
Ground Beef**
Calories: 1190



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 870



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
- Strainer
- Baking sheet
- 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)  
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

 *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 medium-high heat. Add beans, **Tex-Mex paste**, **remaining Southwest Spice Blend**, and **1/4 cup water** (**1/2 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 **1 TBSP olive 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.