



Veggie Tostadas

with Roasted Peppers and Zesty Soured Cream

Rapid 20 Minutes • Mild Spice • Veggie

18



Bell Pepper



Green Pepper



Carrot



Onion



Kidney Beans



Cheddar Cheese



Garlic Clove



Mexican Style Spice Mix



Finely Chopped Tomatoes



Vegetable Stock Paste



Plain Taco Tortilla



Coriander



Lime



Soured Cream

Before you start

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

Cooking tools, you will need:

Baking Tray, Grater, Sieve, Garlic Press, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Green Pepper**	1	1	2
Carrot**	1	2	2
Onion**	1	1	1
Kidney Beans	1 carton	1½ cartons	2 cartons
Cheddar Cheese** 7)	60g	90g	120g
Garlic Clove**	1	2	2
Mexican Style Spice Mix	1 pot	1 pot	1 pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Plain Taco Tortilla 13)	6	9	12
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Soured Cream** 7)	75g	120g	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	794g	100g
Energy (kJ/kcal)	3146 /752	396 /95
Fat (g)	27	3
Sat. Fat (g)	15	2
Carbohydrate (g)	93	12
Sugars (g)	25	3
Protein (g)	26	3
Salt (g)	3.51	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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, Soya, Gluten & Sulphites.

Contact

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Roast the Peppers

a) Preheat your oven to 200°C. Halve the **peppers**, discard the core and seeds and thinly slice.

b) Put the **peppers** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**.

c) Toss to coat and spread out. Roast on the top shelf of your oven until soft and slightly charred, 12-15 mins, turning halfway.



Bake the Tortillas

a) Halfway through the **peppers'** cooking time, lay the **tortillas** (2 per person) onto a lightly-oiled baking tray in a single layer and drizzle with **oil**.

b) Season with **salt** and **pepper**, then bake on the middle shelf of the oven until golden and crispy, 4-6 mins.



Prep

a) Meanwhile, trim the **carrot** then coarsely grate (no need to peel).

b) Halve, peel and thinly slice the **onion**.

c) Drain and rinse the **kidney beans** in a sieve. Grate the **cheese**.

d) Peel and grate the **garlic** (or use a garlic press).



Make the Zesty Cream

a) Meanwhile, roughly chop the **coriander** (stalks and all). Zest the **lime** and chop into wedges.

b) Pop the **soured cream** in a small bowl. Add the **lime zest** and season to taste. Stir together.



Cook the Beans

a) Heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **onion** and cook until softened, 4-5 mins.

b) Add the **beans**, **garlic** and **Mexican style spice mix**. Cook, stirring, for 1 min, then stir in the **grated carrot**, **finely chopped tomatoes** and **vegetable stock paste**.

c) Add the **sugar** (see ingredients for amount). Stir to combine and bring to the boil. Reduce the heat to medium and simmer, stirring occasionally, until thick, 7-8 mins.



Serve

a) Stir **half** the **coriander** through the **bean mixture** and season to taste if needed.

b) Serve the **crisp tostadas** topped with spoonfuls of the **veggie bean mix**, **roasted peppers** and **cheese**. Finish with a dollop of **zesty soured cream** and a sprinkling of the remaining **coriander**. **TIP:** Tostadas are best enjoyed eaten by hand - get stuck in!

c) Serve with **lime wedges** for squeezing over.

Enjoy!

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.