



More Than Food
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Mexican Spiced Chilli Tostadas with Guac 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 of tortillas in this recipe; have a look at the HelloFresh blog for ideas on what you can do with the leftovers!

35 mins

4.5 of your 5 a day

spicy

eat within 3 days

mealkit



Wholemeal Tortillas (2)



Onion (1)



Garlic Clove (1)



Yellow Pepper (1)



Kidney Beans (1 tin)



Beef Mince (250g)



Mexican Spice (1½ tsp)



Plum Tomatoes (1 tin)



Beef Stock Pot (1)



Cheddar Cheese (30g)



Avocado (1)



Coriander (1 bunch)



Lime (½)

2 PEOPLE INGREDIENTS

- Wholemeal Tortillas **2**
- Onion, chopped **1**
- Garlic Clove, grated **1**
- Yellow Pepper, chopped **1**
- Kidney Beans **1 tin**
- Beef Mince **250g**
- Mexican Spice **1½ tsp**
- Plum Tomatoes **1 tin**
- Beef Stock Pot **½**
- Cheddar Cheese **30g**
- Avocado, mashed **1**
- Coriander, chopped **1 bunch**
- Lime **½**

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

Did you know...

Tostada is a Spanish word meaning 'toasted'.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	593 kcal / 2487 kJ	25 g	7 g	41 g	13 g	47 g	4 g
Per 100g	95 kcal / 397 kJ	4 g	1 g	6 g	2 g	7 g	1 g

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper

1



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** (it's easier to just get this job out of the way so you can pop them in the oven later).

2



2 Cut the **onion** in half through the root. Peel and chop into ½cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the core from the **yellow pepper**, then chop into 1cm chunks. Drain the **kidney beans** in a colander and rinse under cold running water.

5



3 Put a large frying pan on medium-high heat with a drizzle of **oil**. Once the **oil** is hot, add the **beef mince** and cook for 5-6 mins until browned. **Tip:** *Heating the oil before adding the meat means the beef will fry and not stew.*

4 Once your **beef** has browned, add your **onion** and **pepper** to the pan and cook for 5 more mins until soft. Then add your **garlic** and **Mexican spice**. Stir together and cook for 1 minute more before pouring in the **plum tomatoes**. Break them up with a wooden spoon, then add 1 tbsp of **water** per person. Add the **beef stock pot** and stir well until it dissolves.

7



5 Add your **kidney beans**. Bring your **beef mixture** to the boil, then lower the heat and simmer gently for 10-15 mins until it is thick and tomatoey and has reduced by half. Taste and add some **salt** and **black pepper** if necessary.

6 Meanwhile, pop your **tortillas** on the top shelf of your oven for 3-5 mins. Keep an eye on them, you want them to be golden and crispy but not burnt! Once cooked, remove them from your oven and lay on some kitchen paper to absorb any excess oil.

7 Grate the **cheddar cheese**. Slice lengthways into the **avocado**, once you reach the stone turn the 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) 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!*

8 Assemble your **tostadas** by laying one **tortilla** on each plate, piling high with your **beef**, sprinkling with **cheese** and a dollop of **guacamole**. Finish with a sprinkle of your remaining **coriander leaves** and tuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!