



Black Bean Tostadas

with Sour Cream & Cheddar Cheese

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Capsicum



Corn



Coriander



Lime



Carrot



Black Beans



Mini Flour Tortillas



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Sour Cream

Hands-on: 20-30 mins
Ready in: 25-35 mins

Spicy (Mexican Fiesta spice blend)

If you haven't turned tortillas into tostadas before, get ready for a lightbulb moment. All you need to do is bake them until they're firm and crisp, then load 'em up with tasty toppings. For your eating pleasure tonight, we've got veggie-loaded black beans, shredded Cheddar, sour cream and coriander. Dig in!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
capsicum	1	2
corn	1 cob	2 cobs
coriander	1 bag	1 bag
lime	½	1
carrot	1	2
black beans	1 tin	2 tins
mini flour tortillas	6	12
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water*	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3422kJ (817Cal)	517kJ (123Cal)
Protein (g)	30.4g	4.6g
Fat, total (g)	33.6g	5.1g
- saturated (g)	13.7g	2.1g
Carbohydrate (g)	85.6g	12.9g
- sugars (g)	25.9g	3.9g
Sodium (mg)	1671mg	252mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** (see ingredients). Finely chop the **garlic** (or use a garlic press). Cut the **capsicum** into 1cm chunks. Slice the **corn** kernels from the cob. Roughly chop the **coriander**. Slice the **lime** (see ingredients) into wedges. Grate the **carrot** (unpeeled). Drain and rinse the **black beans**.



Make it saucy

Add the **tomato paste** and **water** to the frying pan and stir to coat. Add the **black beans**, then reduce the heat to medium and simmer until the chilli has thickened and the capsicum is tender, **4-5 minutes**. Season to taste.

TIP: Add a dash more water if you prefer a looser chilli.



Prepare the tortillas

Lightly spray or brush the **mini flour tortillas** with **olive oil** and spread over an oven tray lined with baking paper. Using a fork, poke a few holes in the **tortillas** to stop them puffing up as they cook. Set aside.

TIP: You can serve the meal as tacos instead, no need to prep the tortillas, just warm them in step 5.



Bake the tortillas

While the chilli is simmering, place the oven tray with the **tortillas** on the top shelf of the oven and bake for **6 minutes**.

TIP: Check on them and leave them in a little longer if they aren't ready yet, you want them to be golden and crisp but not burnt!



Start the chilli

SPICY! The spice blend is hot, use less if you're sensitive to heat. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook until softened, **2-3 minutes**. Add the **capsicum**, **corn** and **carrot** and cook until just softened, **3-4 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



Serve up

Take everything to the table. Build your tostadas by placing a helping of the black bean chilli on top of a tortilla. Sprinkle with **shredded Cheddar cheese**, add a dollop of **sour cream** and garnish with coriander. Serve with the lime wedges.

TIP: In Mexican cuisine, tostadas are piled high with ingredients and eaten like an open sandwich. You can serve the crisp tostadas on the side of the toppings if you prefer, or just heat the tortillas and eat with the filling as tacos!

Enjoy!