



Mexican Beef Tostadas

with Charred Corn-Coriander Salsa & Sour Cream

Grab your Meal Kit
with this symbol



Brown Onion



Garlic



Carrot



Sweetcorn



Tomato



Coriander



Mini Flour
Tortillas



Beef Mince



Mexican Fiesta
Spice Blend






Tomato Paste



Shredded Cheddar
Cheese



Sour Cream

 Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
 Spicy (Mexican
Fiesta spice blend)

Tonight, we're teaching you the secret to crunchy tostadas. Give it a whirl and then pile 'em high with saucy Mexican beef, juicy kernels of lightly charred corn and cooling sour cream.

Pantry items

Olive Oil, White Wine Vinegar, Butter

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

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
tomato	2	4
coriander	1 bag	1 bag
white wine vinegar*	½ tsp	1 tsp
mini flour tortillas	6	12
beef mince	1 small packet	1 large packet
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
warm water	½ cup	1 cup
butter*	20g	40g
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)	4041kJ (965Cal)	593kJ (141Cal)
Protein (g)	49.2g	7.2g
Fat, total (g)	51.8g	7.6g
- saturated (g)	23.6g	3.5g
Carbohydrate (g)	68.2g	10g
- sugars (g)	24.6g	3.6g
Sodium (mg)	1618mg	238mg

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Drain the **sweetcorn**.



2. Make the salsa

Heat a large frying pan over a high heat. When the pan is hot, add the **sweetcorn** and cook, tossing, until lightly charred, **5 minutes**. Transfer to a small bowl. Roughly chop the **tomato**. Roughly chop the **coriander**. Add the **tomato**, **coriander** and **white wine vinegar** to the bowl with the charred **corn**. Season with **salt** and **pepper** and stir to combine.

TIP: Cover the pan with a lid to stop the kernels "popping" out.



3. Bake the tortillas

Spread the **mini flour tortillas** 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, then lightly spray or brush with **olive oil**. Bake the **tortillas** until golden and crisp, **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!

TIP: If you want to serve as tacos instead, no need to bake the tortillas.



4. Start the chilli

SPICY! This spice blend is hot, use less if you're sensitive to heat. While the tortillas are baking, return the pan to a high heat with a **drizzle of olive oil**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Reduce the heat to medium-high and add the **onion** and cook, stirring, until softened, **2 minutes**. Add the **carrot** and cook until softened, **2 minutes**. Add a **drizzle of olive oil**, the **garlic**, the **Mexican Fiesta spice blend** and **tomato paste** and cook, stirring until fragrant, **1 minute**.



5. Make it saucy

Add the **warm water**, reduce the heat to low and simmer until the chilli has thickened slightly, **2 minutes**. Stir through the **butter** and **shredded Cheddar cheese** until melted, then season to taste with **salt** and **pepper**. Add a **splash of water** if the chilli looks dry.



6. Serve up

Take everything to the table. Build your tostadas by placing a helping of the beef chilli on top of a tortilla. Serve with a spoonful of corn salsa and a dollop of **sour cream**.

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!