



MEXICAN PORK TOSTADAS

with Sour Cream & Cheddar



Make a speedy tostada



Garlic



Capsicum



Lime



Long Green Chilli (Optional)



Carrot



Sweetcorn



Black Beans



Mini Flour Tortillas



Pork Mince



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Sour Cream

Hands-on: **15-25** mins
Ready in: **20-30** mins

Spicy (Mexican Fiesta spice blend, optional long green chilli)

In traditional Mexican cuisine, tostadas are piled high with ingredients and eaten like an open sandwich. We've topped ours with a spicy veggie-packed pork chilli, plus sour cream and Cheddar cheese for a quick and satisfying dinner.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan** • **oven tray** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Cut the **capsicum** into 1cm chunks. Slice the **lime** (see ingredients list) into wedges. Thinly slice the **long green chilli** (see ingredients list), if using. Grate the **carrot** (unpeeled). Drain the **sweetcorn**. Drain and rinse the **black beans** (see ingredients list). Lightly spray or brush the **mini flour tortillas** with **olive oil** and spread out 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:** *If you want to serve as tacos instead, there's no need to bake the tortillas!*



4 ADD THE VEGGIES

SPICY! Add less of the spice blend if you are sensitive to heat! Add the **Mexican Fiesta spice blend**, **garlic**, **capsicum**, **carrot**, **sweetcorn** and **black beans** to the pan with the pork and stir to combine. Cook until the garlic is fragrant, **1 minute**.



2 BROWN THE PORK

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **pork mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



5 MAKE IT SAUCY

Add the **tomato paste** and **warm water** to the pan and stir to combine. Reduce the heat to medium-low and simmer until the chilli has thickened and the capsicum is tender, **4-5 minutes**. Season to taste with **salt** and **pepper**. **TIP:** *Add a splash of water if the chilli looks dry!*



3 BAKE THE TORTILLAS

While the pork is browning, place the oven tray with the **tortillas** on the top oven rack. Bake until 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!*



6 SERVE UP

Take everything to the table to serve. Build your tostadas by placing a helping of the pork chilli on a tortilla. Top with **shredded Cheddar cheese**, **sour cream** and sliced green chilli (if using). Serve with the lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
capsicum	1	2
lime	½	1
long green chilli (optional)	½	1
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	½ tin	1 tin
mini flour tortillas	6	12
pork mince	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
warm 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)	3590kJ (857Cal)	567kJ (136Cal)
Protein (g)	50.7g	8.0g
Fat, total (g)	36.6g	5.8g
- saturated (g)	15.9g	2.5g
Carbohydrate (g)	78.8g	12.5g
- sugars (g)	17.8g	2.8g
Sodium (g)	1960mg	310mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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