



MEXICAN VEGGIE BEAN & CHEAT'S GUACAMOLE TOSTADAS

with Sour Cream & Lime



Hands-on: **25 mins**
Ready in: **35 mins**

Follow us down the colourful streets of Mexico as we teach you the secret to the crunchy tostada. After all of that knowledge, you'll need a break. Good thing this cheat's guacamole is short of time and long on delicious.



Master the
Mexican tostada



Brown Onion



Garlic



Zucchini



Carrot



Mixed Beans



Mild Mexican Spice Blend



Diced Tomatoes



Vegetable Stock



Mini Flour Tortillas



Avocado



Coriander



Lime



Sour Cream

Pantry Staples: Olive Oil, Water

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, sieve, large frying pan, wooden spoon, oven tray** lined with **baking paper, plate, paper towel, spoon, small bowl** and a **fork**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely slice the **brown onion**. Dice the **zucchini**. Dice the **carrot** (unpeeled). **TIP:** *Cutting the veggies small ensures they cook in the allocated time.* Peel and crush the **garlic**. Drain and rinse the **mixed beans**.



2 COOK THE VEGGIES

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion, zucchini** and **carrot** and cook for **5-6 minutes**, or until softened.



3 ADD THE BEANS

Add the **garlic** and the **mild Mexican spice blend** (use suggested amount) to the pan with the veggies and cook for **1 minute**, or until fragrant. Add the **diced tomatoes, water** (check ingredients list for the amount) and crumble in the **vegetable stock** cube. Stir to dissolve the stock cube and add the **mixed beans**. Cook for **5-10 minutes**, or until the liquid has reduced by half. **TIP:** *Allowing the liquid to cook off makes for a more intense flavour.*



4 BAKE THE TOSTADAS

While the beans are cooking, lightly **spray** (or **brush**) **olive oil** across the oven tray lined with baking paper. Place the **mini tortillas** in a single layer on the tray and **drizzle** with **olive oil**. Season with a **pinch** of **salt** and **pepper** and place on the top shelf of the oven to cook for **6-10 minutes**. **TIP:** *Keep an eye on the tortillas, you want them to be golden and crispy but not burnt!* Once cooked, remove from the oven and set aside on a plate lined with paper towel to soak up excess oil.



5 MAKE THE CHEAT'S GUACAMOLE

Dice the **avocado** flesh. **TIP:** *Slice the avocado into cubes while still in the skin, then scoop the cubed flesh out with a spoon.* Roughly chop the **coriander** leaves (reserve a few leaves for garnish!). In a small bowl, mash the avocado with a fork and combine with the coriander. Slice the **lime** into wedges. Squeeze over the juice of $\frac{1}{2}$ the lime wedges and season to taste with a **pinch** of **salt** and **pepper**. **TIP:** *Add as much or as little lime juice as you like depending on your taste preference.*



6 SERVE UP

Divide the veggie beans, cheat's guacamole and baked tostadas between plates. Top the beans with a dollop of **sour cream** and sprinkle with the remaining coriander. **TIP:** *In traditional Mexican cuisine the tostadas are piled high with ingredients and eaten like an open sandwich. We're serving them on the side for ease of eating but feel free to assemble them the traditional way!*

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	Refer to method	Refer to method
brown onion	1	2
zucchini	1	2
carrot	1	2
garlic	1 clove	2 cloves
mixed beans	1 tin (400 g)	2 tins (800 g)
mild Mexican spice blend	1 ½ sachets (1 ½ tbs)	3 sachets (3 tbs)
diced tomatoes	1 tin (400 g)	2 tins (800 g)
water*	¼ cup	½ cup
vegetable stock	1 cube	2 cubes
mini flour tortillas	4	8
avocado	1	2
coriander	1 bunch	1 bunch
lime	½	1
sour cream	1 tub (200 ml)	2 tubs (400 ml)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3530kJ (843Cal)	360kJ (86Cal)
Protein (g)	28.1g	2.9g
Fat, total (g)	43.2g	4.4g
- saturated (g)	16.5g	1.7g
Carbohydrate (g)	86.8g	8.9g
- sugars (g)	23.6g	2.4g
Sodium (g)	1510mg	154mg

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

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