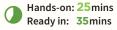


MEXICAN VEGGIE BEAN & CHEAT'S GUACAMOLE TOSTADAS

with Sour Cream & Lime





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















Mixed Beans

Mild Mexican Spice Blend



Diced Tomatoes



Vegetable Stock



Mini Flour Tortillas





Coriander



Lime



Pantry Staples: Olive Oil, Water

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.



■ GET PREPPED
Preheat the oven to 220°C/200°C fanforced. 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.



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.



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.



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 ½ 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.



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*	⅓ cup	½ cup
vegetable stock	1 cube	2 cubes
mini flour tortillas	4	8
avocado	1	2
coriander	1 bunch	1 bunch
lime	1/2	1
sour cream	1 tub (200 ml)	2 tubs (400 ml)

*Pantry Items

PER SERVING	PER 100G
3530kJ (843Cal)	360kJ (86Cal)
28.1g	2.9g
43.2g	4.4g
16.5g	1.7g
86.8g	8.9g
23.6g	2.4g
1510mg	154mg
	3530kJ (843Cal) 28.1g 43.2g 16.5g 86.8g 23.6g

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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