



Veggie Tostadas

with Roasted Peppers and Zesty Soured Cream

Rapid 20 Minutes • Mild Spice • 4 of your 5 a day • Veggie



Bell Pepper



Red Kidney Beans



Mature Cheddar Cheese



Mexican Style Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Plain Taco Tortilla



Lime



Soured Cream

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, sieve, grater, frying pan, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	90g	120g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Plain Taco Tortilla 13)	6	9	12
Lime**	½	1	1
Soured Cream** 7)	75g	120g	150g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	710g	100g
Energy (kJ/kcal)	3365/804	474/113
Fat (g)	24.4	3.4
Sat. Fat (g)	13.2	1.9
Carbohydrate (g)	106.1	14.9
Sugars (g)	24.0	3.4
Protein (g)	36.9	5.2
Salt (g)	5.52	0.78

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Roast the Peppers

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **bell peppers** and discard the core and seeds. Slice into thin strips.
- Put the **peppers** on a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 10-12 mins. Turn halfway through.



Tostada Time

- Halfway through cooking the **sliced peppers**, lay the **tortillas** onto a large baking tray in a single layer.
- Rub each with a little **oil** and season with **salt**.
- Bake on the middle shelf of the oven until golden and crispy, 4-6 mins. **TIP: Tostada means 'toasted', so make sure they're crispy!**



Get Prepped

- Meanwhile, drain and rinse the **kidney beans** in a sieve.
- Grate the **Cheddar cheese**.



Make the Zesty Soured Cream

- Meanwhile, zest the **lime** and cut into wedges (see ingredients for amount).
- Pop the **soured cream** in a small bowl. Mix in the **lime zest** and season to taste with **salt** and **pepper**.



Cook the Beans

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **kidney beans** and **Mexican style spice mix**. Cook, stirring, for 1 min, then stir in the **chopped tomatoes** and **vegetable stock paste**.
- Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until thickened, 7-8 mins.



Assemble and Serve

- Taste the **bean mixture** and season if needed.
- Top your **tostadas** (3 per person) with spoonfuls of the **veggie bean mix**, **roasted peppers** and **cheese** - as much as you'd like.
- Finish with a dollop of **zesty soured cream** and serve with the **lime wedges** for squeezing over. **TIP: Tostadas are best enjoyed eaten by hand - get stuck in!**

Enjoy!