



Roasted Sweet Potato and Chipotle Black Bean Tostadas with Rocket Tomato Salad and Greek Style Salad Cheese

4

Quick 20 Minutes • **Medium Spice** • 3 of your 5 a day



Diced Sweet Potato



Black Beans



Garlic Clove



Central American Style Spice Mix



Vegetable Stock Paste



Chipotle Paste



Plain Taco Tortillas



Medium Tomato



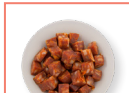
Lime



Wild Rocket



Greek Style Salad Cheese



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, sieve, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Diced Sweet Potato**	200g	300g	400g
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1	2	2
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Chipotle Paste	20g	30g	40g
Plain Taco Tortillas 13)	4	6	8
Medium Tomato	1	2	2
Lime**	½	1	1
Wild Rocket**	20g	40g	40g
Greek Style Salad Cheese** 7)	100g	150g	200g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Beans*	75ml	120ml	150ml
Sugar for the Dressing*	½ tsp	1 tsp	1½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	3 tbsp	4 tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	504g	100g	549g	100g
Energy (kJ/kcal)	3142/751	624/149	3970/949	724/173
Fat (g)	35.8	7.1	52.0	9.5
Sat. Fat (g)	11.4	2.3	17.5	3.2
Carbohydrate (g)	77.2	15.3	78.6	14.3
Sugars (g)	13.3	2.6	13.5	2.5
Protein (g)	25.3	5.0	36.6	6.7
Salt (g)	4.12	0.82	6.70	1.22


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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Roast the Sweet Potato

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper**, then toss to coat.
- Spread out in a single layer. **TIP: Use two baking trays if necessary.**
- When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



Make the Tostadas

- Lay the **tortillas** (2 per person) onto a large baking tray in a single layer and rub each with a little **oil**. Season with **salt** and 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!**



Mash the Black Beans

- Drain and rinse the **black beans** in a sieve.
- Peel and grate the **garlic** (or use a garlic press).
- In a medium bowl, roughly mash **two thirds** of the **black beans** with the back of a fork, leaving the other **third** whole.
- Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, stir in the **garlic** and **Central American style spice mix**.

CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan before the **garlic**. Fry, 3-4 mins, then add the **garlic** and continue as instructed.



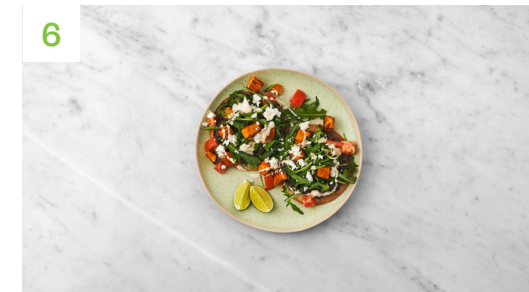
Dress the Tomatoes

- Meanwhile, cut the **tomato** into 2cm chunks.
- Cut the **lime** into wedges (see ingredients for amount).
- In a medium bowl, add the **tomato chunks**, **lime juice** from a **lime wedge**, **sugar** and **olive oil for the dressing** (see pantry for both amounts) and season with **salt** and **pepper**. Toss to coat.
- In a small bowl, mix together the **mayo** (see pantry for amount) and remaining **chipotle paste**.



Cook the Black Beans

- Add the **whole** and **mashed black beans**, **veg stock paste**, **water for the beans** (see ingredients for amount) and **half** of the **chipotle paste** (add less if you prefer things milder) to the pan. Season with **salt** and **pepper**.
- Bring to the boil, then reduce the heat and cook until thickened, 5-6 mins, stirring occasionally. **TIP: Add a splash of water if the sauce becomes too thick.**



Build the Tostadas

- Just before you're ready to serve, toss the **rocket** in with the **tomato chunks**.
- Transfer your **tostadas** to your serving plates. Spoon over the **black beans** and **sweet potato**.
- Top with the **tomato and rocket salad**, crumble over the **Greek style salad cheese** and drizzle over the **chipotle mayo**.
- Serve with any remaining **lime wedges** alongside. **TIP: Tostadas are best enjoyed eaten by hand - get stuck in!**

Enjoy!