

# Beef & Bean Tostadas Rapiidas

## with Cheese and Soured Cream

**Quick** 20 Minutes • **Mild Spice** • 1 of your 5 a day



British Beef Mince



Bell Pepper



Mature Cheddar Cheese



Red Kidney Beans



Mexican Style Spice Mix



Worcester Sauce



Tomato Passata



Beef Stock Paste



Plain Taco Tortillas



Soured Cream



Diced Chorizo

**Pantry Items**

Oil, Salt, Pepper, Sugar

**+ Add Diced Chorizo**

If you chose to add diced chorizo, then just follow the instructions on the back of this card.

Happy cooking!



Ready in less than 25 minutes, these Beef & Bean Tostadas Rapiidas have it all. Tostadas (meaning 'toasted') are simply tortillas baked whole until crispy - like a giant tortilla chip! Pile up with an easy beef chilli, cheese and soured cream and get stuck in.

## 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

Frying pan, grater, sieve potato masher and baking tray.

## Ingredients

Ingredients	2P	3P	4P
British Beef Mince**	120g	240g	240g
Bell Pepper***	1	1	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Worcester Sauce 13)	15g	22g	30g
Tomato Passata	1 carton	2 cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Plain Taco Tortillas 13)	2	6	8
Soured Cream** 7)	75g	100g	150g
Diced Chorizo** 7)	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

\*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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	534g	100g	579g	100g
Energy (kJ/kcal)	2702/646	506/121	3530/844	610/146
Fat (g)	25.8	4.8	42.0	7.3
Sat. Fat (g)	13.0	2.4	19.0	3.3
Carbohydrate (g)	63.8	12.0	65.6	11.3
Sugars (g)	18.4	3.4	18.7	3.2
Protein (g)	38.2	7.2	49.5	8.5
Salt (g)	3.59	0.67	6.17	1.07

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

## Allergens

7) Milk 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.

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## Cook the Beef

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

### + Add Diced Chorizo

Add the **chorizo** to the pan with the **beef**. Fry for the same amount of time.



## Simmer Away

- Bring the **beef and bean mix** to the boil.
- Reduce the heat to medium-low and simmer until thickened, 5-6 mins.



## Get Prepped

- Meanwhile, halve the **bell pepper**, discard the core and seeds, then chop into small pieces.
- Grate the **cheese**.
- Drain and rinse the **kidney beans** in a sieve.



## Make your Tostadas

- Meanwhile, 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 top shelf of your oven until golden and crispy, 4-6 mins. **TIP:** Tostada means 'toasted', so make sure they're crispy!



## Add the Flavour

- Add the **chopped pepper** and **Mexican style spice mix** to the **beef mince** and stir-fry for 1 min.
- Mix in the **Worcester sauce**, **tomato passata**, **kidney beans**, **beef stock paste** and **sugar for the sauce** (see pantry for amount).
- Roughly mash **half** of the **beans** using a potato masher or the back of a fork.



## Assemble and Serve

- Transfer the **tostadas** to your plates.
- Top with spoonfuls of the **beef and bean mix** - as much as you'd like.
- Scatter over the **cheese** and spoon on a dollop of **soured cream**. **TIP:** Tostadas are best enjoyed eaten by hand - get stuck in!

Enjoy!