



# Beany Beef Tostadas Rapiidas

with Zesty Creme Fraiche

Family 20 Minutes • Mild Spice • 2 of your 5 a day

11



Beef Mince



Bell Pepper



Lime



Kidney Beans



Mexican Style  
Spice Mix



Worcester Sauce



Tomato Passata



Beef Stock Paste



Plain Taco Tortilla



Creme Fraiche

## Before you start

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

## Cooking tools

Frying pan, zester, sieve and baking tray.

## Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Bell Pepper***	1	1	2
Lime**	½	1	1
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Worcester Sauce (13)	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Plain Taco Tortilla (13)	4	6	8
Creme Fraiche** 7)	75g	150g	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

	Per serving	Per 100g
for uncooked ingredient	561g	100g
Energy (kJ/kcal)	3217 /769	573 /137
Fat (g)	39	7
Sat. Fat (g)	19	3
Carbohydrate (g)	63	11
Sugars (g)	12	2
Protein (g)	41	7
Salt (g)	3.06	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk (13) 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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## Cook the Beef

- Preheat the oven to 200°C.
- Heat a drizzle of oil in a large frying pan on high heat.
- When the oil is hot, add the beef mince and cook 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.



## Bake the Tortillas

- Meanwhile, lay the tortillas onto a large baking tray in a single layer and drizzle with a little oil.
- Season with salt and bake on the top shelf of your oven until golden and crispy, 4-6 mins.



## Prep the Veggies

- Meanwhile, halve the pepper, discard the core and the seeds, then chop into small pieces.
- Zest and chop the lime into wedges (see ingredients for amount).
- Drain and rinse the kidney beans in a sieve.



## Make the Zesty Cream

- In a small bowl, mix together the lime zest and creme fraiche.



## Simmer and Spice

- Add the 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 and beef stock paste. Using the back of a spoon, crush half the beans once they're in the pan.
- Bring to the boil, reduce the heat to medium-low and simmer until thickened, 7-8 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Serve

- Serve the baked tostadas (2 per person) topped with spoonfuls of beef and bean mix, as much as you'd like, and a dollop of zesty creme fraiche.
- Serve with lime wedges alongside. **TIP:** Tostadas are best enjoyed eaten by hand - get stuck in!

Enjoy!