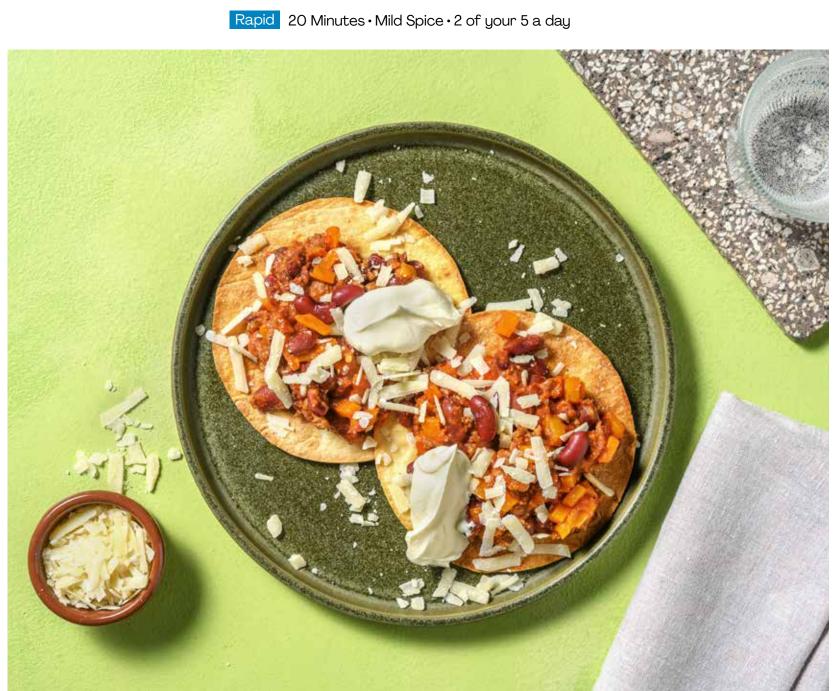


# Beany Beef Tostadas Rapidas

with Cheese and Soured Cream







**Beef Mince** 





Bell Pepper





Mature Cheddar Cheese





Mexican Style Spice Mix





Finely Chopped Tomatoes



Beef Stock



Plain Taco Tortilla



**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

Frying pan, grater, sieve and baking tray.

### Ingredients

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Ingredients	2P	3P	4P
Beef Mince**	120g	240g	240g
Bell Pepper***	1	1	2
Mature Cheddar Cheese** <b>7</b> )	60g	90g	120g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Worcester Sauce 13)	15g	22g	30g
Finely Chopped Tomatoes	½ carton	¾ carton	1 carton
Beef Stock Paste	10g	15g	20g
Plain Taco Tortilla 13)	4	6	8
Soured Cream** 7)	75g	100g	150g
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Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
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\*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	521g	100g
Energy (kJ/kcal)	3047 /729	585 / 140
Fat (g)	33.9	6.5
Sat. Fat (g)	16.3	3.1
Carbohydrate (g)	62.9	12.3
Sugars (g)	17.9	3.4
Protein (g)	39.1	7.5
Salt (g)	3.80	0.73

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, 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

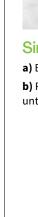
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#### HelloFresh UK

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### Cook the Beef

- **a)** Preheat your oven to 220°C/200°C fan/gas mark 7.
- **b)** Heat a large frying pan on medium-high heat (no oil).
- c) 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.
- d) Season with salt and pepper. IMPORTANT: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



# **Get Prepped**

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



### Add the Flavour

- **a)** Add the **pepper** and **Mexican style spice mix** to the **beef mince** and stir-fry for 1 min.
- b) Mix in the Worcester sauce, chopped tomatoes (see ingredients for amount), kidney beans, beef stock paste and sugar for the sauce (see pantry for amount).
- **c)** Using the back of a fork, crush **half** the **beans** once they're in the pan.



# Simmer Away

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



### Bake the Tortillas

- **a)** Meanwhile, lay the **tortillas** (2 per person) onto a large baking tray in a single layer and rub each with a little **oil**.
- **b)** 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!



### Assemble and Serve

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

Enjou!