



Beany Beef Tostadas Rapiidas

with Cheese and Soured Cream

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

11



Beef Mince



Bell Pepper



Mature Cheddar
Cheese



Red Kidney
Beans



Mexican Style
Spice Mix



Worcester Sauce



Tomato Passata



Beef Stock Paste



Plain Taco Tortilla



Soured Cream

Pantry Items

Oil, Salt, Pepper, Sugar

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

Ingredients	2P	3P	4P
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	15g	23g	30g
Tomato Passata	1 carton	2 cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Plain Taco Tortilla 13)	4	6	8
Soured Cream** 7)	75g	100g	150g

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 green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2787 /666	565 /135
Fat (g)	28.6	5.8
Sat. Fat (g)	13.0	2.6
Carbohydrate (g)	63.5	12.9
Sugars (g)	17.2	3.5
Protein (g)	35.1	7.1
Salt (g)	3.56	0.72

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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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.



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.



Bake the Tortillas

- 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).
- Using the back of a fork, crush **half** the **beans** once they're in the pan.



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!