



Mexican Beef Tostadas

with Cucumber Salsa & Sour Cream

Grab your Meal Kit with this symbol 



Red Onion



Garlic



Carrot



Sweetcorn



Cucumber



Coriander



Mini Flour Tortillas



Beef Mince



Mexican Fiesta Spice Blend



Tomato Paste




Shredded Cheddar Cheese



Sour Cream

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

 Spicy (Mexican Fiesta spice blend)

Follow us down the colourful streets of Mexico as we teach you the secret to crunchy tostadas. Give it a whirl and then pile 'em high with saucy spiced beef, juicy kernels of lightly charred corn and cooling sour cream.

Pantry items

Olive Oil, White Wine Vinegar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	½ tin	1 tin
cucumber	1 (medium)	1 (large)
coriander	1 bunch	1 bunch
white wine vinegar*	½ tsp	1 tsp
mini flour tortillas	6	12
beef mince	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	½ tin	1 tin
water*	½ cup	1 cup
butter*	20g	40g
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3650kJ (873Cal)	602kJ (144Cal)
Protein (g)	45.9g	7.6g
Fat, total (g)	44.6g	7.4g
- saturated (g)	21.7g	3.6g
Carbohydrate (g)	65.4g	10.8g
- sugars (g)	17.8g	2.9g
Sodium (mg)	1660mg	274mg

Allergens

Always read product labels for the most up-to-date allergen information.

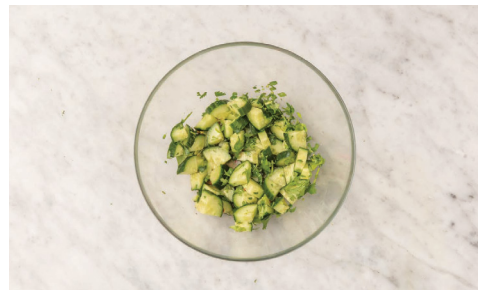
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/220°C fan-forced**.

Finely chop the **red onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Drain the **sweetcorn** (see ingredients list).



2. Make the salsa

Finely chop the **cucumber** and **coriander**. In a small bowl, add the **cucumber**, **coriander** and the **white wine vinegar**. Season to taste and stir to combine. Set aside.



3. Bake the tortillas

Spread the **mini flour tortillas** over an oven tray lined with baking paper. Using a fork, poke a few holes in the **tortillas** to stop them puffing up as they cook, then lightly spray or brush with **olive oil**. Bake the **tortillas** until golden and crisp, **6-8 minutes**.

TIP: Keep an eye on them, you want them golden and crisp but not burnt!

TIP: If you want to serve as tacos instead, no need to bake the tortillas!



4. Start the chilli

SPICY! The spice blend is hot, use less if you're sensitive to heat. While the tortillas are baking, heat a large frying pan over a high heat with a **drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Reduce the heat to medium-high, then add the **onion** and **sweetcorn** and cook, stirring, until softened, **2 minutes**. Add the **carrot** and cook until softened, **2 minutes**. Add another **drizzle** of **olive oil**, the **garlic**, **Mexican Fiesta spice blend** and **tomato paste** (see ingredients list) and cook, stirring, until fragrant, **1 minute**.



5. Make it saucy

Add the **water** to the **beef**, then reduce the heat to low and simmer until the chilli has thickened slightly, **2 minutes**. Stir through the **butter** and **shredded Cheddar cheese** until melted, then season to taste.

TIP: Add another splash of water if the chilli looks dry.



6. Serve up

Bring everything to the table to serve. Build your tostadas by placing a helping of the beef chilli on top of a tortilla. Top with a spoonful of cucumber salsa and a dollop of **sour cream**.

TIP: In Mexican cuisine, tostadas are piled high with ingredients and eaten like an open sandwich. You can serve the crisp tostadas on the side of the toppings if you prefer, or just heat the tortillas and eat with the filling as tacos!

Enjoy!