



Mexican Black Bean Tostadas

with Sour Cream & Cheddar Cheese

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Capsicum



Tomato



Sweetcorn



Coriander



Black Beans



Lime



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Sour Cream

- Hands-on: **20-30 mins**
- Ready in: **25-35 mins**
- Spicy (Mexican Fiesta spice blend)

If you haven't turned tortillas into tostadas before, get ready for a lightbulb moment. All you need to do is bake them until they're firm and crisp, then load 'em up with tasty toppings. For your eating pleasure tonight, we've got veggie-loaded black beans, shredded Cheddar, sour cream and tomato salsa. Dig in!

Pantry items

Olive Oil, White Wine Vinegar

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

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
capsicum	1	2
tomato	1	2
sweetcorn	½ tin	1 tin
coriander	1 bunch	1 bunch
black beans	1 tin	2 tins
lime	½	1
white wine vinegar*	drizzle	drizzle
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3710kJ (886Cal)	560kJ (133Cal)
Protein (g)	37g	5.6g
Fat, total (g)	33g	5g
- saturated (g)	17.2g	2.6g
Carbohydrate (g)	87.4g	13.2g
- sugars (g)	24.3g	3.7g
Sodium (mg)	2111mg	319mg

The quantities provided above are averages only.

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** (see ingredients) and **garlic**. Roughly chop the **capsicum** and **tomato**. Drain the **sweetcorn** (see ingredients). Roughly chop the **coriander**. Drain and rinse the **black beans**. Slice the **lime** into wedges.



Make it saucy

Add the **tomato paste** and the **water** to the pan and stir to coat. Add the **black beans**, then reduce the heat to medium and simmer until the chilli has thickened, **4-5 minutes**. Season to taste.

TIP: Add a dash more water if you prefer a saucier chilli.



Make the salsa

In a medium bowl, add the **tomato**, **coriander**, a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix to combine. Set aside.



Bake the tortillas

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

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

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



Cook the veggies

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **2-3 minutes**. Add the **capsicum** and **sweetcorn** and cook, stirring, until just softened, **3-4 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



Serve up

Bring everything to the table to serve. Build your tostadas by placing a helping of the black bean chilli on top of a tortilla. Top with some **shredded Cheddar cheese**, **sour cream** and tomato salsa. Squeeze over some lime juice to serve.

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!