



Everything  
But The Chef

hello@hellofresh.com.au

02 81 888 722

WK16  
2015



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## Party Tostada with Guacamole

This recipe is sure to take your Mexican cooking repertoire to the next level. These festive tostadas are both authentic and delicious, served with beautiful beans and topped with the best guacamole. ¡Buen provecho!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 2



Red Onion



Garlic



Red Kidney Beans



Coriander



Tortillas



Corn



Tomato



Avocado



Cos Lettuce



Lime

2P	4P	Ingredients
500 ml	1 L	vegetable oil *
1	2	red onion, diced
2	4	garlic cloves, peeled & crushed
1 tin	2 tins	red kidney beans, drained & rinsed
1/4 cup	1/2 cup	water *
2 tbs	4 tbs	coriander, chopped
6	12	tortillas
1 cob	2 cobs	corn, shucked
2	4	tomatoes, diced
1	2	avocado, cut into cubes
1 head	2 heads	cos lettuce, chopped
1	2	lime, quartered

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	3260	Kj
Protein	26.8	g
Fat, total	27.4	g
-saturated	6	g
Carbohydrate	92.6	g
-sugars	16.6	g

#### Measuretool

0 cm	1 cm	2 cm

1a



**1** Heat a little of the **oil** in a saucepan over a medium heat. Add half of the **onion**. Cook, stirring, for **3 minutes** or until softened. Add the **garlic** and cook, stirring, for **30 seconds** or until fragrant. Add the **beans** and **water**, cook, uncovered, for **5 minutes** or until heated through. Remove from the heat. Cool slightly. Transfer the mixture to a heatproof bowl. Using a fork or potato masher, coarsely mash. Season with **salt** and **pepper** and stir in half of the **coriander**. Cover to keep warm.

1b



**2** Heat the remaining oil in a deep frying pan to shallow fry over a medium-high heat. You will know when the oil is hot enough when bubbles start to rise to the surface. Add the **tortillas** one at a time. Cook for **1 minute** on each side, or until golden. Remove and drain on absorbent paper.

2



**3** To make the guacamole combine the **corn**, **tomatoes**, **avocado** and remaining onion and coriander in a medium bowl. Season with some salt and pepper.

**Tip:** Microwave the corn for **30 seconds**, this will make it easier for you to shuck it and remove those annoying hairs. Holding the corn cob upright on a work surface, cut kernels away from cobs.

4



**4** To assemble the tostadas, place each tortilla on a serving plate. Dollop over the beans and top evenly with **lettuce** and guacamole. Serve with a wedge of **lime**.

**Did you know?** The first evidence of avocado use was discovered in a Mexican cave and dates back to around 10,000 BC.