



MEXICAN BEEF TOSTADAS

with Sour Cream & Cheddar



Make a speedy tostada



Garlic



Carrot



Red Capsicum



Coriander



Lemon



Tomato



Cucumber



Sweetcorn



Beef Mince



Mini Flour Tortillas



Tex-Mex Spice Blend



Diced Tomatoes



Shredded Cheddar Cheese



Sour Cream

Hands-on: 25 mins
Ready in: 30 mins

Gather the troops for a Mexican tostada fiesta! Put the toppings in the centre of the table and let everyone create their own – with mildly spiced beef chilli, Cheddar cheese, tomato, cucumber and sour cream, they'll be spoilt for choice!

Pantry Staples: Olive Oil, Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan** • **oven tray** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Cut the **red capsicum** into 1cm chunks. Roughly chop the **coriander**. Slice the **lemon** into wedges. Roughly chop the **tomato**. Roughly chop the **cucumber**. Drain the **sweetcorn**.

2 BROWN THE BEEF

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.

3 BAKE THE TORTILLAS

TIP: If you want to serve as tacos, you don't need to bake the tortillas! While the beef is browning, spread the **mini flour tortillas** over two oven trays 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, **7-9 minutes**.

TIP: Check on them and leave them in a little longer if they aren't ready yet; you want them to be golden and crisp but not burnt!



4 ADD THE VEGGIES

Add the **carrot, capsicum and sweetcorn** to the **beef mince** and cook until tender, **3-4 minutes**.

5 MAKE IT SAUCY

SPICY! This is a mild spice blend, but if you or the kids are sensitive to heat, feel free to add less. Add the **Tex-Mex spice blend** and **garlic** to the pan and cook until fragrant, **1 minute**. Add the **diced tomatoes, sugar** and the **salt** and stir to combine. Reduce the heat to medium and simmer until the mixture has thickened and the capsicum is tender, **4-5 minutes**.

6 SERVE UP

Take everything to the table to serve. Build your tostadas by topping the tortillas with beef chilli, **shredded Cheddar cheese**, **sour cream**, tomato, cucumber, coriander and a squeeze of lemon juice.

TIP: 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!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
carrot	2
red capsicum	1
coriander	1 bag
lemon	1
tomato	1
cucumber	1
sweetcorn	1 tin (300g)
beef mince	1 packet
mini flour tortillas	12
Tex-Mex spice blend	2 sachets
diced tomatoes	1 tin (400g)
sugar*	1 tsp
salt*	¼ tsp
shredded Cheddar cheese	1 packet (100g)
sour cream	1 packet (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (785Cal)	539kJ (129Cal)
Protein (g)	45.3g	7.4g
Fat, total (g)	36.6g	6.0g
- saturated (g)	17.3g	2.8g
Carbohydrate (g)	62.7g	10.3g
- sugars (g)	16.5g	2.7g
Sodium (g)	1460mg	240mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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