

## **MEXICAN BEEF TOSTADAS**

with Sour Cream & Cheddar



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!



Make a speedy tostada



Garlic



C



Red Capsicum



icum Coriander



Lemon





Cucumber



Sweetcorn



eef Mince



Mini Flour Tortillas



Tex-Mex Spice Blend



Diced Tomatoes



Shredded Cheddar Cheese



Sour Cream

Pantry Staples: Olive Oil, Sugar

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



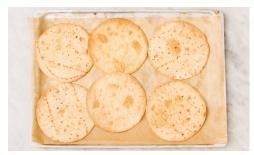
**GET PREPPED** Preheat the oven to 220°C/200°C fan-



**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.

has thickened and the capsicum is tender,

4-5 minutes.



**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!



**5 MAKE IT SAUCY SPICY!** This is a mild spice blend, but if **SERVE UP** Take everything to the table to serve. you or the kids are sensitive to heat, feel free Build your tostadas by topping the tortillas to add less. Add the Tex-Mex spice blend with beef chilli, shredded Cheddar cheese, and garlic to the pan and cook until fragrant, sour cream, tomato, cucumber, coriander 1 minute. Add the diced tomatoes, sugar and a squeeze of lemon juice. and the salt and stir to combine. Reduce the TIP: Serve the crisp tostadas on the side heat to medium and simmer until the mixture of the toppings if you prefer, or just heat the



tortillas and eat with the filling as tacos!

## **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	<b>1 tin</b> (400g)	
sugar*	1 tsp	
salt*	¼ tsp	
shredded Cheddar cheese	<b>1 packet</b> (100g)	
sour cream	<b>1 packet</b> (200g)	

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
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

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## 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.

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