



MEXICAN PORK TOSTADAS

with Cheddar Cheese & Greek Yoghurt



Make a speedy
tostada



Garlic



Carrot



Cheddar Cheese



Red Capsicum



Coriander



Long Red Chilli
(Optional)



Lime



Tomato



Black Beans



Pork Mince



Mini Flour
Tortillas



Mexican Fiesta
Spice Blend



Tomato Paste



Greek Yoghurt



Hands-on: **15 mins**

Ready in: **20 mins**



Spicy (Mexican Fiesta
spice blend & optional
long red chilli)

To make this speedy meal come together in 20 minutes, we started with the classic Mexican dish of tostadas! With a crisp, baked tortilla topped with a spicy and veggie packed pork chilli, plus creamy yoghurt and fresh herbs, this quick and satisfying dinner packs a ton of flavour in hardly any time!

Each week, we search the country to source the best ingredients, with a focus on quality and variety. This week's sweetcorn was in short supply so we've replaced it with tomato. Don't worry, the recipe will be just as delicious!

Pantry Staples: Olive Oil

BEFORE YOU START

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

- **medium 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**). Finely chop the **tomato**. Cut the **red capsicum** into 1cm chunks. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using). Slice the **lime** into wedges. Grate the **carrot** (unpeeled). Grate the **Cheddar cheese**. Drain and rinse the **black beans** (see ingredients list).



2 BAKE THE TORTILLAS

TIP: *If you want to serve as tacos instead, you can skip this step!* Lightly spray or brush the **mini flour tortillas** with **olive oil** and spread 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. Bake on the top shelf for **6 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!*



3 BROWN THE PORK

While the tortillas are baking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **pork mince** and cook, breaking up with a wooden spoon, until browned, **4-5 minutes**.



4 ADD THE VEGGIES

Add the **garlic**, **carrot**, **red capsicum**, and **black beans** to the pork and cook, stirring, until the garlic is fragrant, **1 minute**.



5 FINISH THE CHILLI

SPICY! *Add less of the spice blend if you are sensitive to heat!* Add the **Mexican Fiesta spice blend**, **tomato paste** (see ingredients list) and **warm water** to the pan and stir to combine. Reduce heat to medium-low and simmer until the chilli has thickened and the red capsicum is tender, **4-5 minutes**. Season to taste with **salt** and **pepper**.



6 SERVE UP

Build your tostadas by spooning the chilli on top of a tortilla. Top with the chopped tomato, grated Cheddar cheese, **Greek yoghurt**, coriander and long red chilli (if using). Serve with lime wedges.

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

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
tomato	1	2
red capsicum	1	2
coriander	1 bunch	1 bunch
long red chilli (optional)	1	2
lime	1	2
carrot	1	2
Cheddar cheese	1 block (50 g)	1 block (100 g)
black beans	½ tin	1 tin
pork mince	1 packet	1 packet
mini flour tortillas	6	12
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	⅔ tin	1½ tins
warm water*	½ cup	1 cup
Greek yoghurt	1 pack (100 g)	2 packs (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3210kJ (767Cal)	525kJ (125Cal)
Protein (g)	48.6g	7.9g
Fat, total (g)	29.8g	4.9g
- saturated (g)	11.4g	1.9g
Carbohydrate (g)	67.5g	11.0g
- sugars (g)	17.8g	2.9g
Sodium (g)	1660mg	272mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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ENJOY!