

Mexican Pork & Black Bean Tostadas

with Yoghurt & Cheddar Cheese

Grab your Meal Kit with this symbol













Spring Onion



Long Green



Lemon

Chilli (Optional)



Sweetcorn



Black Beans



Mini Flour Tortillas



Pork Mince



Mexican Fiesta Spice Blend



Tomato Paste



Greek-Style Yoghurt



Shredded Cheddar Cheese

Hands-on: 15-25 mins Ready in: 20-30 mins

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

To make this meal come together in a jiffy, we started with the classic Mexican dish of tostadas! In Mexican cuisine, tostadas are piled high with ingredients and eaten like an open sandwich. We've topped ours with a spicy veggie-packed pork chilli, plus cooling yoghurt and Cheddar for a quick and satisfying dinner.

Pantry items Olive Oil

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

3		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
capsicum	1	2
spring onion	1 stem	2 stems
long green chilli (optional)	1/2	1
lemon	1/2	1
sweetcorn	½ tin	1 tin
black beans	½ tin	1 tin
pork mince	1 small packet	1 medium packet
mini flour tortillas	6	12
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
warm water*	½ cup	1 cup
Greek-style yoghurt	1 small packet	1 large packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3330kJ (796Cal)	536kJ (128Cal)
Protein (g)	49.8g	8.0g
Fat, total (g)	30.1g	4.8g
- saturated (g)	11.6g	1.9g
Carbohydrate (g)	76.6g	12.3g
- sugars (g)	19.9g	3.2g
Sodium (mg)	1920mg	309mg

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.



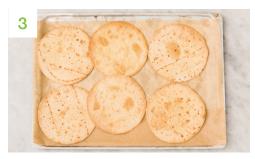
Get prepped

Preheat the oven to 220°C/200°C fan-forced. Finely chop the garlic. Grate the carrot (unpeeled). Cut the capsicum into 1cm chunks. Thinly slice the spring onion. Thinly slice the long green chilli (if using). Slice the lemon into wedges. Drain the sweetcorn (see ingredients). Drain and rinse the black beans (see ingredients).



Brown the pork

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **pork mince**, breaking it up with a spoon, until browned, **4-5 minutes**.



Bake the tortillas

While the pork is browning, lightly spray or brush the **mini flour tortillas** with **olive oil**, then spread out 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 the **tortillas** until golden and crisp, **6 minutes**.

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

TIP: If your oven tray is crowded, divide between two trays.



Add the veggies

Add the garlic, carrot, capsicum, sweetcorn and black beans to the pork and stir through to combine until the garlic is fragrant, **1** minute.



Make the chilli

SPICY! The spice blend is hot, use less if you're sensitive to heat. Add the **Mexican Fiesta spice** blend, tomato paste and warm water to the pan and stir to combine. Reduce the heat to medium-low and simmer until the chilli has thickened and the veggies are tender, **4-5 minutes**. Season to taste.



Serve up

Bring everything to the table to serve. Build your tostadas by placing a helping of the pork chilli on top of a tortilla. Top with the **Greek-style yoghurt** and some **shredded Cheddar cheese**. Garnish with the spring onion and long green chilli (if using). Serve with the lemon wedges.

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!

Enjoy!