

Mexican Pork & Black Bean Tostadas

with Yoghurt & Cheddar Cheese

Grab your Meal Kit with this symbol



Garlic



Carrot



Capsicum



Spring Onion



Long Green Chilli (Optional)



Lemon



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.

Unfortunately, this week's coriander was in short supply, so we've replaced it with spring onion. Don't worry, the recipe will be just as delicious!

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

	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)	½	1
lemon	½	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).



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**.



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**.



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.



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.



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!