



FEB
2017

Plantain and Black Bean Tostadas

with Pickled Red Onion, Avocado and Feta

Plantains are a staple of Latin and South American cuisine. Tonight, we're frying them into *maduros*-the star of these tostadas. Paired with pickled onion, the creaminess of avocado, and smoky Cuban spices, each bite has the perfect balance of flavour!

Prep
35 min

level 1

veggie



Yellow Plantain



Black Beans



Red Onion



Feta



Avocado



Flour Tortillas



Cilantro



Lime



Radishes



Honey



Cuban Spice Blend




White Wine Vinegar



Chipotle Powder

Ingredients

		2 People	
Yellow Plantain		1	
Black Beans		1 box	
Red Onion, sliced		1 pkg (113 g)	
Feta Cheese, crumbled	2)	1 pkg (¼ cup)	
Avocado		1	
Flour Tortillas, 6-inch	1)	6	
Cilantro		1 pkg (7 g)	
Lime		1	
Radishes, sliced		1 pkg (24 g)	
Honey		⅓ pkg (1 tsp)	
Cuban Spice Blend		1 pkg (2 tsp)	
Chipotle Powder 		1 pkg (1 tsp)	
White Wine Vinegar	3)	2 pkg (4 tbsp)	
Sugar*		½ tsp	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Sulphites/Sulfites

Tools

Small Pan, Measuring Cups, Large Non-Stick Pan, Baking Sheet, Measuring Spoons

Ruler

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Nutrition per person Calories: 780 cal | Fat: 23 g | Protein: 22 g | Carbs: 118 g | Fibre: 16 g | Sodium: 397 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the oven to 400°F. (To toast the tortillas.) Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Peel and slice the **plantain** into ½-inch rounds. (**NOTE:** Plantains will be black in colour when they are ripe and ready to use!) Halve, pit, and thinly slice the **avocado**. Cut the **lime** into wedges. Roughly chop the **cilantro**.



3 Pickle the veggies: Heat a small pan over medium-low heat. Add the **onion, radish, vinegar, sugar** and **¼ cup of water**. Cook, until the onion softens, 3-4 min. Season with **salt**. Set aside.

4 Cook the beans: Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the box of **beans (including the liquid), spice blend**, and as much **chipotle powder** as you like. Cook, stirring occasionally, until the beans soften, 5-6 min. Season with **salt**. Remove the pan from the heat and mash the beans using a fork or potato masher. Spread the **mashed beans** over each **tortilla** and sprinkle with **feta**. Place the **tortillas** on a baking sheet. Bake in the centre of the oven until the bottom of the tortillas are crispy, 7-8 min.



5 Cook the plantain: Meanwhile, wipe the pan clean. Heat it over medium-high. Add a drizzle of **oil**, then the **plantain**. Cook until soft and golden-brown, 2-3 min per side. Transfer to a plate and drizzle with **1 tsp honey**. Season with **salt** and **pepper**.

6 Finish and serve: Top the **tortillas** with the **plantains, avocado, pickled veggies** and **cilantro**. Squeeze the juice of a **lime wedge** over top and enjoy!

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