

Crispy Bean and Mushroom Tostadas

with Avocado

hellóchef

Messy and fun!

Cals 820 • Prot 29 • Carbs 102 • Fat 22

Vegan

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 30 min

R3027



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Topping	2 ppl	3 ppl	4 ppl	
Chestnut mushrooms	250	250	500	Grams
Black beans	240	240	480	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Tomato paste	30	50	70	Grams
Taco seasoning	10	15	20	Grams
Water	50	75	100	ML
Cashew cream cheeze 2*	55	110	110	Grams
Black pepper	0.5	0.5	1	Tsp

Tortillas				
8" tortilla wraps 10*, 11*	4	6	8	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	0.5	0.5	Tsp

To serve				
Red radish	125	125	125	Grams
Avocado	1	2	2	Piece
Lime	1	2	2	Piece
Large green chilli	1	1	2	Piece
Fresh coriander	15	15	15	Grams

Allergens

***2 Tree Nuts, *10 Wheat, *11 Gluten**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3429 / 820
Fat (g)	22.1
of which saturates (g)	7.3
Carbohydrate (g)	102
of which sugars (g)	8.1
Fiber (g)	19.3
Protein (g)	28.9
Salt (g)	3.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Preheat the oven to 200°C/180°C fan. Chop the **mushrooms**. Rinse and drain the **black beans**.



2 Fry mushrooms

Heat a pan over a high heat with a generous drizzle of **vegetable oil**. Once hot, add the **mushrooms** and fry for 5-7 min or until well browned and starting to crisp.



3 Roast tortillas

Meanwhile, place the **tortilla wraps** on a large baking tray (use multiple trays if the tortillas overlap too much). Drizzle with **vegetable oil** and season with **salt**. With clean hands, rub the **salt** and **oil** into the **tortillas**. Bake in the oven for 5-10 min until crispy and golden. Once golden, remove the tray from the oven and set aside.



4 Finish topping

Meanwhile, add a large pinch of **salt**, the drained **beans**, **tomato paste**, **taco seasoning (spicy!)** and a splash of **water** to the **mushrooms**. Reduce the heat to low and cook for 2-3 min. Fold in the **cashew cream cheeze**. Season with **pepper**. Cover to keep warm until serving.



5 Prep extras

Finely slice the **red radishes**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Slice the **lime** into wedges. Slice the **green chilli**. Pick the **coriander** leaves.



6 Serve

Top the crispy **tortillas** with the **mushroom** and **bean** mix, **radishes**, **avocado**, **green chilli (spicy!)** and **coriander**. Squeeze some **lime** juice over the top, and serve immediately.