

Tostadas with Guacamole, Popped Beans and Pickled Shallots

hellóchef

Cals 914 • Prot 27 • Carbs 111 • Fat 46

Vegan

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🕒 cook: 30 min

R3152



Before you start

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

Ingredients

Guacamole	2 ppl	3 ppl	4 ppl	
Avocado	2	3	4	Piece
Garlic cloves	1	1	1	Piece
Fresh coriander	15	15	15	Grams
Large red chilli	1	1	2	Piece
Tomatoes	1	1	2	Piece
Lime	2	3	4	Piece
Salt	0.5	1	1	Tsp

Popped beans				
Red kidney beans	240	240	480	Grams
Vegetable oil	1	1	2	Tbsp
Soy sauce 9* , 10* , 11*	10	10	20	ML
Chipotle powder	2	2	2	Grams
Coriander powder	2	2	4	Grams
Salt	0.5	1	1	Tsp

Pickled shallots				
Shallots	1	2	2	Piece
Brown sugar	5	5	5	Grams
Red vinegar	30	60	60	ML
Salt	0.5	0.5	1	Tsp

Tostadas				
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
6" tortilla wraps 10* , 11*	6	9	12	Piece

Allergens

***9 Soya, *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/koal)	3824 / 914
Fat (g)	45.7
of which saturates (g)	7.1
Carbohydrate (g)	111
of which sugars (g)	14.8
Fiber (g)	29.9
Protein (g)	26.9
Salt (g)	3.1

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



1 Pickle shallot

Preheat the oven to 200°C/180°C fan. Peel and very finely slice the **shallots**. Combine the **red vinegar** with the **brown sugar** and **salt** in a small bowl. Once the **sugar** has dissolved, submerge the sliced **shallots** in the **vinegar** and set aside.



2 Roast beans

Drain, rinse and dry the **kidney beans**. Add the **kidney beans** to a baking tray. Drizzle them with **oil** and the **soy sauce**. Sprinkle with the **chipotle (spicy!)**, **coriander powder** and **salt**. Toss. Place the tray in the oven for 20-25 min or until the skins have burst and the **beans** are crispy – these are your **popped beans**.



3 Bake tostadas

Meanwhile, place the **tortilla wraps** on a second, large baking tray (use multiple trays if the **tortilla wraps** overlap too much). Generously drizzle with **vegetable oil** and season with **salt**. With clean hands, rub the **salt** and **oil** into the **tortilla wraps**. Bake in the oven for 5-8 min until crispy. Once golden, remove the tray from the oven and set aside.

Tip! Tortillas looking crowded on the tray? Use multiple trays if the tortilla wraps overlap and bake them in batches!



4 Prep guacamole

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then chop it roughly. Peel and mince the **garlic**. Roughly chop the **coriander** (save some for garnish), **chilli** and **tomatoes**.



5 Make guacamole

Juice the **lime** into a food processor. Add the **avocado**, **garlic**, **chilli (spicy!)**, **coriander** and **tomatoes** and season generously with **salt**. Blitz until almost smooth.



6 Serve

Drain the **shallots**. Spread the **guacamole** over the **tostadas**. Top with the **beans**, pickled **shallots** and reserved **coriander**.