



UCCOOK

Vegetarian Mexi-crisp Tostadas

with black beans, corn & guacamole

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	646kJ	4527kJ
Energy	154kcal	1083kcal
Protein	4g	27.8g
Carbs	18g	126g
of which sugars	3.1g	21.8g
Fibre	3.7g	26.3g
Fat	7.9g	55.2g
of which saturated	1.7g	12g
Sodium	252mg	1765mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly slice</i>
240g	320g	Corn
30ml	40ml	Old Stone Mill Mexican Spice
360g	480g	Black Beans <i>drain & rinse</i>
60g	80g	Piquanté Peppers <i>drain</i>
30ml	40ml	Lime Juice
150ml	200ml	Mayo-crème <i>(90ml [120ml] Sour Cream & 60ml [80ml] Mayo)</i>
30g	40g	Chipotle Chillies In Adobo <i>finely chop</i>
9	12	Corn Tortillas
2 units	2 units	Guacamole
75g	100g	Chevin Goat's Cheese
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. ONION & CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the onion until soft and lightly golden, 8-10 minutes (shifting occasionally). In the final 1-2 minutes, add a knob of butter and the Mexican spice. Remove from the pan, season, and set aside.

2. SOME PREP In a bowl, combine the beans, the piquanté peppers, the lime juice, and season. In a small bowl, combine the mayo-crème with the chipotle (to taste), and water in 5ml increments until drizzling consistency.

3. TOSTADAS Place a pan over medium heat with enough oil to cover the base. When hot, fry the tortillas until crispy, 1-2 minutes per side. Remove from the pan, and drain on paper towel. You may need to do this step in batches. Alternatively, lightly coat the tortillas with oil, and air fry at 200°C until crispy, 4-6 minutes (shifting halfway).

4. TIME TO EAT Smear the guacamole over the crispy tostadas, top with the corn and the black beans. Drizzle over the chipotle mayo, and crumble over the goat's cheese. Garnish with a sprinkle of the coriander. Delish, Chef!

Chef's Tip If the tostadas puff up, lightly press them with a spatula to keep them flat.