



UCCOOK

Vegetarian Mexi-crisp Tostadas

with black beans, corn & guacamole

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	645kJ	4525kJ
Energy	154kcal	1082kcal
Protein	4g	27.9g
Carbs	18g	126g
of which sugars	3.1g	21.8g
Fibre	3.7g	26.2g
Fat	7.9g	55.2g
of which saturated	1.7g	12g
Sodium	252mg	1764mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	1	Onion <i>peel & roughly slice</i>
80g	160g	Corn
10ml	20ml	Old Stone Mill Mexican Spice
120g	240g	Black Beans <i>drain & rinse</i>
20g	40g	Piquanté Peppers <i>drain</i>
10ml	20ml	Lime Juice
3g	5g	Fresh Chives <i>rinse & finely slice</i>
50ml	100ml	Mayo-crème <i>(30ml [60ml] Sour Cream & 20ml [40ml] Mayo)</i>
10g	20g	Chipotle Chillies In Adobo <i>finely chop</i>
3	6	Corn Tortillas
1 pack	1 pack	Guacamole
25g	50g	Chevin Goat's Cheese

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, 5-6 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 chives. Delish, Chef!

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