

Honey-Chipotle Beef & Black Bean Tostadas

with Lime Rice

2 SERVINGS | 30-40 MINS



 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

 10 oz Thinly Sliced Beef 


SWAPPED FOR:

 10 oz Chopped Chicken Breast 


 2 cloves Garlic

 1 Tbsp Honey


 4 Flour Tortillas

 1 15.5-oz can Black Beans

 1 Lime

 2 tsps Chipotle Chile Paste

 ½ cup Long Grain White Rice

 6 oz Carrots

 ¼ cup Sour Cream

 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Cook along on the app



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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & roast the carrots

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces. Place on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until tender when pierced with a fork.
- Leaving the oven on and reserving the sheet pan, transfer the roasted carrots to a plate. Remove and discard the foil.



2 Cook the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until tender and the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



3 Prepare the remaining ingredients

- Meanwhile, peel and roughly chop **2 cloves of garlic**.
- Drain and rinse the **beans**.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 1 teaspoon. Halve the lime crosswise.
- In a bowl, combine the **sour cream** and the **juice of 1 lime half**. Taste, then season with salt and pepper if desired.



4 Cook the beans

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **drained beans** and **½ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and mashing the beans with the back of a spoon, 4 to 5 minutes, or until the water has cooked off.



Step 4 continued:

- Turn off the heat. Taste, then season with salt and pepper if desired. Transfer to a bowl.
- Rinse and wipe out the pan.

5 Toast the tortillas

- Place the **tortillas** on the same sheet pan. Using a fork, prick the tortillas all over to prevent air bubbles from forming. Drizzle with **olive oil** and season with salt and pepper; carefully turn to coat.
- Toast in the oven 6 to 8 minutes, or until lightly browned.
- Transfer to a work surface.



6 Cook the beef & serve your dish

- Meanwhile, separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned beef**. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **roasted carrots**, **honey** (kneading the packet before opening), **the juice of the remaining lime half**, **2 tablespoons of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 2 to 3 minutes, or until coated and the beef is just cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Assemble the tostadas using the **toasted tortillas**, **cooked beans**, **cooked beef and carrots**, and **lime sour cream**.
- Add the **lime zest** to the pot of **cooked rice**. Season with salt and pepper; stir to combine.
- Serve the **tostadas** with the **lime rice** on the side. Enjoy!



↺ CUSTOMIZED STEP 6 If you chose Chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **roasted carrots**, **honey** (kneading the packet before opening), **the juice of the remaining lime half**, **2 tablespoons of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 3 to 4 minutes, or until coated and the chicken is cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Assemble the tostadas using the **toasted tortillas**, **cooked beans**, **cooked chicken and carrots**, and **lime sour cream**.
- Add the **lime zest** to the pot of **cooked rice**. Season with salt and pepper; stir to combine.
- Serve the **tostadas** with the **lime rice** on the side. Enjoy!

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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