

FYOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an (a) icon) 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



½ cup Long Grain White Rice



6 oz Carrots

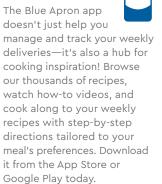


1/4 cup Sour Cream



Serve with Blue Apron

Cook along on the app





"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.



- · 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.



- 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 1/2 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
- · 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
- 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!





