

Spicy Vegetable Tostadas

with Zucchini, Poblano Pepper & Black Bean Mash

2 SERVINGS

25-35 MINS

 **Blue Apron**
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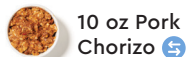



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

ADDED:



10 oz Pork Chorizo 



4 Flour Tortillas 



2 Scallions



2 tsp Chipotle Chile Paste



4 Flour Tortillas



1 Poblano Pepper



1 Zucchini



2 Tbsps Grated Cotija Cheese



1 Tbsp Light Brown Sugar



1 15.5-oz can Black Beans



1 Red Onion



1 Lime



1/4 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 the ingredients & make the sauce

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Drain and rinse the **beans**.
- Medium dice the **zucchini**.
- Halve, peel, and medium dice the **onion**.
- Quarter the **lime**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands and cutting board immediately after handling.
- In a bowl, combine the **sugar**, **1 tablespoon of warm water**, the **juice of 2 lime wedges**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Stir until the sugar has dissolved.



2 Cook & mash the beans

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until slightly softened.
- Add the **drained beans** and **¼ 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, 5 to 6 minutes, or until slightly thickened.
- Turn off the heat; stir in the **sour cream**. Taste, then season with salt and pepper if desired.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



3 Toast the tortillas

- Place the **tortillas** on a 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; turn to coat.
- Toast in the oven 4 to 6 minutes, or until lightly browned and crispy.
- Remove from the oven.



↺ CUSTOMIZED STEP 3 If you chose Chorizo

- Toast the tortillas as directed, working in two batches (or using two sheet pans).

↺ ADDITIONAL STEP If you chose Chorizo

- Meanwhile, in the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chorizo**. Cook, stirring frequently and breaking the meat apart with a spoon, 7 to 9 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl.

4 Cook the vegetables

- Meanwhile, in the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced zucchini, diced onion, and diced pepper** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.



↺ CUSTOMIZED STEP 4 If you chose Chorizo

- Cook the vegetables as directed, using the pan of reserved fond.

5 Assemble the tostadas & serve your dish

- Assemble the tostadas using the **toasted tortillas, mashed beans, and cooked vegetables**.
- Serve the **tostadas** with the **remaining lime wedges** on the side. Garnish with the **cheese** and **sliced green tops of the scallions**. Enjoy!



↺ CUSTOMIZED STEP 5 If you chose Chorizo

- Assemble the tostadas and serve your dish as directed, topping with the **cooked chorizo**.