



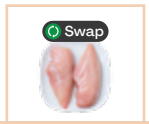
Chipotle Chicken Tinga Tostadas

with Crema and DIY Refried Black Beans

Gourmet Tacos

Spicy

35 Minutes



Organic Chicken Breasts*
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts*
2 | 4



Flour Tortillas
6 | 12



Black Beans
1 | 2



Tex-Mex Paste
2 tbsp | 4 tbsp



Chipotle Powder
1 tsp | 2 tsp



Yellow Onion
1 | 2



Sweet Bell Pepper
1 | 2



Iceberg Lettuce Head
½ | 1



Sour Cream
2 | 4



Tomato Sauce Base
2 tbsp | 4 tbsp



Lime
1 | 2



Feta Cheese, crumbled
½ cup | 1 cup

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Butter, oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, 2 medium bowls, paper towels, parchment paper, silicone brush, zester

1



Cook chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Swap | Organic Chicken Breasts

- Pat **chicken** dry with paper towels.
- To a large bowl, add **chicken**, **half the Tex-Mex paste**, **half the chipotle powder** and $\frac{1}{2}$ **tblsp** (1 **tblsp**) **oil**. Season with **salt** and **pepper**, then toss to coat.
- On a parchment-lined baking sheet, arrange **chicken**.
- Roast **chicken** in the **middle** of the oven for 12-14 min, flipping halfway through, until cooked through.**
- Using 2 forks, shred **chicken** into $\frac{1}{2}$ -inch pieces. Set aside.

4



Bake tostadas

- Meanwhile, on another parchment-lined baking sheet, arrange **tortillas** in a single layer. Using a fork, prick both sides of **each tortilla** several times.
- Brush both sides of **tortillas** with $\frac{1}{2}$ **tblsp** (1 **tblsp**) **oil**.
- Bake in the **middle** of the oven for 8-10 min, flipping halfway through, until golden and crisp.

2



Prep

- Meanwhile, peel, then cut **onion** into $\frac{1}{4}$ -inch slices.
- Core, then cut **pepper** into $\frac{1}{4}$ -inch slices.
- Remove and discard outer layer of **iceberg lettuce**. Remove stem, cut **half the lettuce** into thin strips (use all the lettuce for 4 servings).
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- To a medium bowl, add **sour cream**, **lime zest**, **2 tsp** (4 **tsp**) **lime juice** and **2 tsp** (4 **tsp**) **water**. Season with **salt** and **pepper**, then stir to combine.

5



Finish chicken tinga

- Reheat the same pan (from step 3) over medium. Add $\frac{1}{2}$ **tblsp** (1 **tblsp**) **oil**, then **peppers** and **remaining onions**. Season with **salt** and **pepper**.
- Cook for 6-8 min, stirring occasionally, until very tender.
- Add **tomato sauce base** and **remaining Tex-Mex paste**.
- Cook for 30 sec, stirring often, until fragrant.
- Add **shredded chicken**, **1 tblsp** (2 **tblsp**) **butter** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ **cup**) **warm water**.
- Cook for 2-3 min, stirring often, until well combined.

3



Make refried beans

- Heat a large non-stick pan over medium-high.
- When hot, add $\frac{1}{2}$ **tblsp** (1 **tblsp**) **oil**, then **half the onions**. Cook for 3-4 min, stirring often, until softened.
- Add **beans** with their **liquid** and **remaining chipotle powder**. Cook for 3-4 min, stirring often, until **liquid** is slightly reduced.
- Remove from heat. Transfer to another medium bowl.
- Using a fork or potato masher, coarsely mash **beans**. Season with **salt** and **pepper**. Cover to keep warm.
- Carefully wipe the pan clean.

6



Finish and serve

- Divide **tortillas** between plates.
- Spread **refried beans** over top.
- Top with **chicken tinga** and **lettuce**.
- Sprinkle with **feta**.
- Drizzle with **lime crema**.
- Squeeze a **lime wedge** over top, if you like.

Measurements within steps | **1 tblsp** (2 **tblsp**) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum temperature of 165°F.