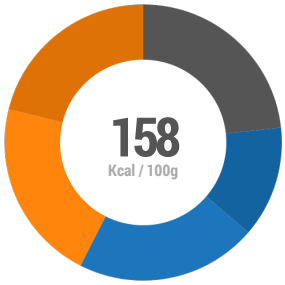
Slow Cooked Beef Barbacoa Tostadas

Pulled beef, chillies, spices and BBQ flavouring. Refried beans, tomato salsa, chilli & cheese in soft blue corn tortillas

By Mark Irish

Overview ...





CALORIES:

34.2% Carbs

23.3% Protein

42.5% Fat

Food Labelling...

Serves **1**

CONTAINS:

WHEAT MILK CELERY SOYA

Recipe Ingredients ...	Quantity:	Description:
129229 Blanco Nino 15cm Gluten Free Soft Blue Corn Tortilla Wrap -	46g	2x Each
21820 Santa Maria Refried Beans Mild 415g -	50g	
71268 Grated Mature White Cheddar -	35g	
11196 Tomato Salsa -	30g	
134568 Nacho Cheese Sauce -	30g	
129179 Slow Cooked Beef Barbacoa -	125g	0.5x Each
10332 Little Gem Lettuces -	25g	
114212 Chillies Red -	10g	
450078 Pointed Red Peppers -	15g	
113885 Herb Bunched Coriander -	12g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

378g / 606kcal

 # 1

Cooking Instructions & Notes

Preparation:

Defrost the tortillas
Defrost the barbacoa
Wash, dry and tear the gem lettuce into 1" pieces
Decant the nacho cheese sauce into a squeezy bottle - keep warm
Cut the red chillies into thin rings, store in ice water
Slice the peppers into thin rings
Roughly chop the coriander

Method:

1. Re-heat barbacoa as per packing cooking guidelines
2. Place the tortillas onto a grill tray and heat under the grill until crisp on one side
3. Heat the refried beans through the microwave until core temp is reached
4. Remove the tortilla from the grill and turn them over
5. Spoon refried beans into the middle and spread outwards
6. Once the barbacoa is cooked, cut pouch and spoon half the mix over the 2 tortilla
7. Spoon salsa on top
8. Add sprinkling of red peppers, grated cheese and red chilli
9. Place back under the grill until the cheese is melted
10. Garnish with the lettuce, crispy onions and chopped coriander
11. Place tortillas onto your chosen plate/board/taco stand - serve!