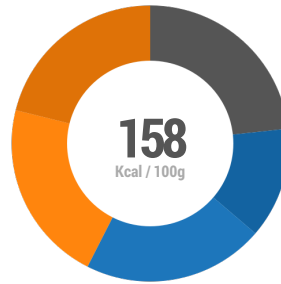


# Slow Cooked Beef Barbacoa Tostadas

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

By Mark Irish from Brakes

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 - BRAKES	<b>46g</b>	<b>2x Each</b>
21820 Santa Maria Refried Beans Mild 415g - BRAKES	<b>50g</b>	
71268 Brakes Grated Mature White Cheddar - BRAKES	<b>35g</b>	
11196 Brakes Tomato Salsa - BRAKES	<b>30g</b>	
134568 Brakes Nacho Cheese Sauce - BRAKES	<b>30g</b>	
129179 Slow Cooked Beef Barbacoa - BRAKES	<b>125g</b>	<b>0.5x Each</b>
10332 Little Gem Lettuces - BRAKES	<b>25g</b>	
114212 Chillies Red - BRAKES	<b>10g</b>	
450078 Pointed Red Peppers - BRAKES	<b>15g</b>	
113885 Herb Bunched Coriander - BRAKES	<b>12g</b>	

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 squeeze 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!