



Corn & Cheddar Tostadas

with Black Beans & Salsa Fresca



20-30min



2 Servings

We love the subtle sweetness of corn—it's the perfect addition to a hearty black bean and cheddar cheese topping for these crunchy tostadas. The salsa fresca is a traditional combo of finely chopped tomatoes, cilantro, jalapeño, shallots, and lime juice. Half is tossed with crunchy romaine to make a refreshing salad, while the rest is spooned over the tostadas.

What we send

- 1 shallot
- 2 plum tomatoes
- 1 jalapeño chile
- ¼ oz fresh cilantro
- 1 lime
- 15 oz can black beans
- 5 oz corn
- 2 (2 oz) shredded cheddar-jack blend ⁷
- 6 (6-inch) corn tortillas
- 1 romaine heart

What you need

- kosher salt & ground pepper
- neutral oil

Tools

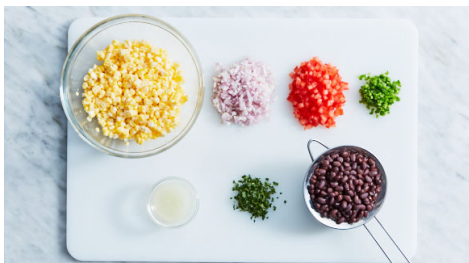
- fine-mesh sieve
- potato masher or fork
- medium skillet
- rimmed baking sheet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 28g, Carbs 93g, Protein 32g



1. Prep ingredients

Preheat broiler with a rack in the center. Peel and finely chop **shallot**. Core and finely chop **tomatoes**. Halve **jalapeño**, remove and discard stem and seeds, then finely chop. Finely chop **cilantro leaves and stems** together. Juice **lime**. Drain and rinse **black beans**.



4. Add cheese

Remove skillet from heat. Add **remaining cilantro** and **¼ of the cheese**. Stir until just combined. Season to taste with **salt** and **pepper**.



2. Make salsa fresca

In a medium bowl, toss to combine **tomatoes, lime juice, 2 tablespoons of the chopped jalapeño** (or more depending on heat preferences), and **half each of the shallots and cilantro**. Season to taste with **salt** and **pepper**. In a separate bowl, coarsely mash **beans** with a potato masher or fork.



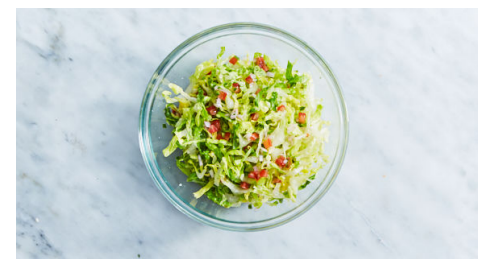
3. Cook corn & beans

In a medium skillet, heat **1 teaspoon oil** over medium. Add **remaining shallots** and season with **salt** and **pepper**. Cook, stirring, until softened, about 3 minutes. Add **corn** and **2 tablespoons water**, and cook, stirring, until softened, about 5 minutes. Add **mashed black beans** to skillet and cook, stirring, until heated through, about 1 minute.



5. Broil tortillas

Place **tortillas** on a rimmed baking sheet. Brush both sides of each tortilla with **oil**. Broil on center oven rack until crisp, 1-2 minutes per side (watch closely, as broilers vary). Divide **corn-bean mixture** between tortillas and spread, leaving a ¼-inch border all around. Top with **remaining cheese**. Broil until bubbling, 1-2 minutes (watch closely, as broilers vary).



6. Finish & serve

Thinly slice **romaine** crosswise, discarding end. In a medium bowl, toss romaine with **half of the salsa fresca** and **1 teaspoon oil**. Season to taste with **salt** and **pepper**. Spoon the **remaining salsa fresca** over the **tostadas**. Serve with **salad** alongside. Enjoy!