



BUTTERNUT SQUASH TOSTADA

WITH GUACAMOLE & SALSA

 MEXICO

 25 MINS

 2 SERVINGS



INGREDIENTS:



1 feta packet



6 small flour tortillas



1 taco seasoning sachet



1 tomato



1 baby cos lettuce



1 butternut squash bag



1 avocado



1 jalapeno



1 white onion *



1 coriander bunch



1 garlic clove

PANTRY STAPLES:

Cooking oil, salt, sugar

ALLERGENS:

Wheat, gluten, dairy, soy, garlic, onion

CHEF'S NOTE: A tostada refers to a toasted or deep fried tortilla. Tortillas are traditionally made using corn but can also be made using wheat flour.

* Use half of the onion provided



1. Prepare the ingredients

Preheat oven to 180C fan forced. Wash the vegetables. Finely chop the tomato, onion* and coriander. Thinly slice the jalapeno and lettuce. Grate or finely chop the garlic. Halve and remove the skin and seed from the avocado. Remove the skin from the butternut squash and slice into 0.5cm slices. Crumble the feta.



2. Cook the pumpkin

In a bowl, place the butternut squash slices, a drizzle of oil and half of the taco seasoning and mix to coat. Place the butternut squash slices evenly spaced on a lined baking tray and cook for 20 minutes or until tender.



3. Oil the tortillas

Brush the tortillas with oil on both sides and place on a lined baking tray.



4. Make the tostadas

Place a sheet of baking paper on top of the oiled tortillas and then another baking tray on top to stop the tortillas from puffing up in the oven. Place into the preheated oven and cook for 10 minutes, flipping each tortilla halfway, or until crisp and browned.



5. Check the tostadas

After 5 minutes, check the tostadas in the oven. You may need to rotate the oven tray to make sure that they are cooking evenly.



6. Make the salsa

Place the tomato, onion, remaining taco seasoning, garlic and half of the coriander in a bowl. Mix and season to taste.



7. Make the guacamole

Mash the avocado in a bowl with a generous spoon of the salsa. Mash the ingredients together and season to taste.



8. To serve

Divide the tostadas among the serving plates. Top with the lettuce, butternut squash, remaining coriander, crumbled feta and jalapeno to taste. Serve with the salsa and guacamole.

* Use half of the onion provided

We supply beautiful seasonal produce. With this in mind occasionally there is variation of sizing and we may even have to substitute items last minute due to availability.

All recipes are created with our home cooks in mind. Ingredients are supplied separately, we encourage you to substitute ingredients according to your dietary preferences.

Our vision is to create a community of travel obsessed home cooks. Please be a part of our online community using the hashtag #atlastraveller @atlastmasterclass

