

INGREDIENTS

2 PERSON | 4 PERSON



1|1 Red Onion



1 | 2 Lime

1 tsp | 2 tsp

Chili Powder



1 | 2 Long Green



6 | 12 Flour Tortillas



1½ TBSP | 3 TBSP Crema Contains: Milk



1 tsp | 2 tsp Smoked Paprika



Tomato

¼ oz | ½ oz Cilantro



8 oz | 16 oz Tex-Mex Ground Plant-Based Protein



½ Cup | 1 Cup Mexican Cheese Blend Contains: Milk



1 tsp | 2 tsp Hot Sauce



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

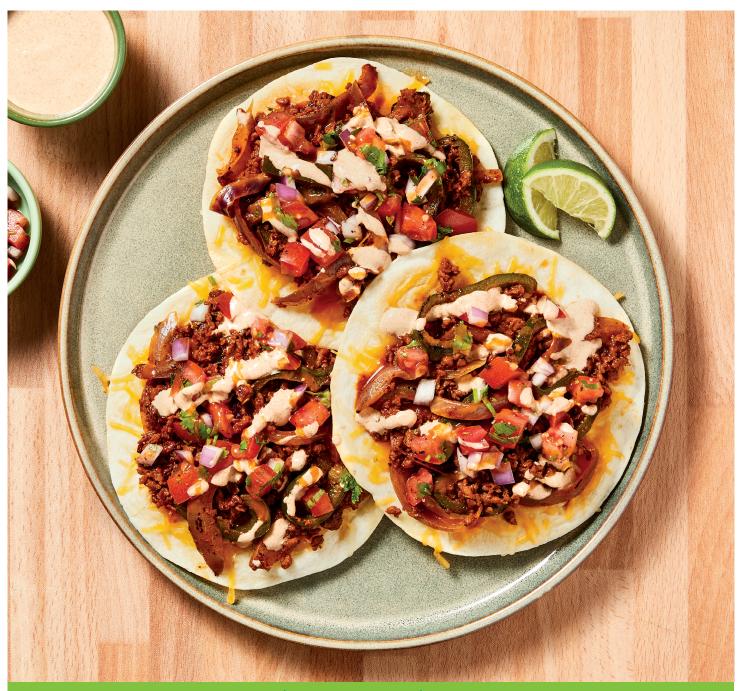
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TOSTADAS

Crispy flat tortillas with plenty of surface area for all the toppings your heart desires

CHEESY TEX-MEX PLANT-BASED PROTEIN TOSTADAS

with Long Green Pepper, Pico de Gallo & Smoky Crema



PREP: 10 MIN COOK: 40 MIN CALORIES: 820



TOASTY GOODNESS

In Step 5, you'll prick the tortillas with a fork to prevent them from forming air pockets and puffing up. Flat tortillas = more surface area for toppings!

BUST OUT

- 2 Small bowls
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 3 TBSP)

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person 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.

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*Plant-based protein is fully cooked when internal temperature



1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 450 degrees. Wash and dry produce.
- Halve and peel onion; thinly slice one half. Finely chop remaining onion until you have 2 TBSP. (For 4, thinly slice whole onion; finely chop a few slices until you have 3 TBSP). Dice tomato. Roughly chop cilantro. Quarter lime. Halve, core, and thinly slice green pepper into strips.



2 MAKE PICO & CREMA

- In a small bowl, combine chopped onion, tomato, cilantro, juice from half the lime, and a pinch of salt and pepper.
- In a separate small bowl, combine crema and paprika. Season with a pinch of salt and pepper to taste.



3 COOK PLANT-BASED PROTEIN

- Heat a large drizzle of oil in a large pan over medium-high heat. Add plant-based protein*. Using a spatula, press into an even layer; cook, undisturbed, until browned on bottom, 3-4 minutes.
- Break up protein into pieces and cook until browned all over and warmed through, 3-4 minutes more.
- Turn off heat; transfer to a plate. Wipe out pan.



4 COOK VEGGIES

- Heat a drizzle of oil in same pan over medium-high heat. Add sliced onion and green pepper. Cook, stirring occasionally, until browned and tender, 5-7 minutes. Season with chili powder, salt, and pepper.
- Return plant-based protein to pan; stir to combine. Stir in ¼ cup water (½ cup for 4 servings). Cook until mixture is thickened and saucy, 1-2 minutes. TIP: If mixture seems dry, add another splash of water.



5 TOAST TORTILLAS

- Meanwhile, drizzle tortillas with 1 TBSP oil (2 TBSP for 4 servings); brush or rub to coat all over.
- Arrange on a baking sheet in a single layer. Gently prick each tortilla in a few places with a fork. (For 4, divide between 2 baking sheets; toast on top and middle racks, flipping tortillas and swapping baking sheet positions halfway through toasting.)
- Toast on top rack, carefully flipping tortillas halfway through, until lightly golden, 4-5 minutes per side. TIP: Watch carefully to avoid burning.



6 SERVE

- Divide tortillas between plates; evenly sprinkle with Mexican cheese blend.
 Top with plant-based protein mixture, pico de gallo, and smoky crema.
- Drizzle with hot sauce to taste. Serve with remaining lime wedges on the side.

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