



ONE-PAN PLANT-BASED PROTEIN CARNITAS TACOS

with Pickled Onion & Monterey Jack Cheese

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Red Onion



1 | 2
Poblano Pepper



¼ oz | ½ oz
Cilantro



1 | 2
Roma Tomato



1 | 1
Lime



5 tsp | 5 tsp
White Wine
Vinegar



9 oz | 9 oz
Ground Plant-
Based Protein
Contains: Soy, Tree
Nuts, Wheat



1 TBSP | 2 TBSP
Fajita Spice Blend



1 | 2
Veggie Stock
Concentrate



1.5 oz | 1.5 oz
Tomato Paste



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 tsp | 1 tsp
Chipotle Powder



6 | 12
Flour Tortillas
Contains: Wheat



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk

HELLO

PICKLED ONION

Marinating this awesome allium in vinegar mellows its raw bite and provides a tangy punch.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 720



IN GOOD PASTE

Tomato paste may seem inconspicuous, but it's actually bursting with concentrated, tangy-sweet flavors that give your dish delicious depth. To bring out even more richness, be sure to let the tomato paste cook for a minute after stirring it into the filling mixture in step 4 (before adding the water). This will help it caramelize, giving your tacos a huge hit of umami.

BUST OUT

- Medium bowl
- Large pan
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Sugar (2 tsp | 2 tsp)
- Cooking oil (1 TBSP | 1 TBSP)

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* Plant-Based Protein is fully cooked when internal temperature reaches 165°.



1 PREP

- **Wash and dry all produce.**
- Halve and peel **onion**; very thinly slice one half and finely chop remaining. Core, deseed, and dice **poblano** into ½-inch pieces. Roughly chop **cilantro**. Dice **tomato**. Halve **lime**; cut one half into wedges.



4 MAKE FILLING

- Heat another **drizzle of oil** in same pan over medium-high heat. Add **poblano** and **chopped onion**; season with **salt** and **pepper**. Cook, stirring, until softened, 3-4 minutes.
- Return cooked **plant-based protein** to pan; add **Fajita Spice**, **stock concentrate**, and **half the tomato paste** (all for 4 servings). Cook until fragrant, 1 minute.
- Stir in ¼ **cup water** (½ **cup for 4**), bring to a simmer, and cook until reduced and saucy, 2-3 minutes. **TIP: If mixture gets too dry, add more splashes of water as needed.**



2 PICKLE ONION

- In a medium bowl, combine **sliced onion**, **vinegar**, **2 tsp sugar**, ½ **tsp salt**, and **1 TBSP water**. Stir until sugar and salt are mostly dissolved.
- Set aside, stirring occasionally, until ready to serve.



5 MIX CREMA

- While filling cooks, in a small bowl, combine **sour cream**, a **squeeze of juice from lime half** to taste, and a **pinch of chipotle powder** (add more to taste if you like things spicy). Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



3 COOK PLANT-BASED PROTEIN

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **half the plant-based protein*** (all for 4 servings) and season with **salt** and **pepper**. Using a spatula, press into an even layer; cook, without stirring, until browned on bottom, 3-4 minutes.
- Break up protein into pieces and continue cooking until browned all over and warmed through, 3-4 minutes more.
- Transfer to a plate and set aside.



6 FINISH & SERVE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide **tortillas** between plates; fill with **plant-based protein filling**, **tomato**, **Monterey Jack**, **cilantro**, **pickled onion** (draining first), and **crema**. **(TIP: Alternatively, you can put everything in individual serving bowls and let everyone assemble their own tacos.)** Serve with **lime wedges** on the side.

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