



# PLANT-BASED PROTEIN & CHEESE TOSTADAS

with Long Green Pepper, Tomato Salsa & Hot Sauce Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Tomato



¼ oz | ½ oz  
Cilantro



1 | 1  
Onion



1 | 2  
Lime



1 | 2  
Long Green  
Pepper



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1 tsp | 2 tsp  
Hot Sauce



6 oz | 12 oz  
Ground Plant-  
Based Protein  
Contains: Soy, Tree  
Nuts, Wheat



1 TBSP | 2 TBSP  
Southwest Spice  
Blend



1 tsp | 2 tsp  
Chili Powder



1 | 2  
Veggie Stock  
Concentrate



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



½ Cup | 1 Cup  
Mexican Cheese  
Blend  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
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THERE TOO. SCAN HERE TO GET HELP!

HELLO

## TOSTADAS

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



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 750



## CRISPY BUSINESS

In step 5, the tortillas are pricked with a fork to prevent them from forming air pockets and puffing up. Flat tortillas = more surface area for toppings!

## BUST OUT

- Medium bowl
- Large pan
- Small bowl
- Baking sheet
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 7 tsp)

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### 1 PREP

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



### 2 MAKE SALSA & CREMA

- In a medium bowl, combine **tomato, cilantro, chopped onion, juice from half the lime**, and a **pinch of salt and pepper**.
- In a small bowl, combine **sour cream** with as much **hot sauce** as you like. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt**.



### 3 BROWN PROTEIN

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **plant-based protein, Southwest Spice Blend, chili powder**, and a **few big pinches of salt**. Cook, breaking up protein into pieces, until browned, 4-5 minutes.



### 4 SIMMER PROTEIN & VEGGIES

- Once **plant-based protein** is browned, add **green pepper, sliced onion**, and a **pinch of salt** to pan. Cook, stirring, until veggies are tender and plant-based protein is warmed through, 5-7 minutes.
- Add **stock concentrate** and **¼ cup water** (**½ cup for 4 servings**). Simmer until thickened, 1-2 minutes. Season with **salt**; remove pan from heat and set aside.



### 5 BAKE TORTILLAS

- Drizzle **tortillas** with **1 TBSP olive oil** (**2 TBSP for 4 servings**); brush or rub to coat all over. Arrange on a baking sheet in a single layer (**divide between 2 sheets for 4**). Gently prick each tortilla in a few places with a fork.
- Bake on top rack, flipping halfway through, until lightly golden, 4-5 minutes per side. (**For 4, bake on top and middle racks; flip tortillas and swap rack positions halfway through baking.**) **TIP: Watch carefully—tortillas brown fast!**



### 6 SERVE

- Divide **tortillas** between plates; evenly sprinkle with **Mexican cheese blend**. Top with **plant-based protein mixture, salsa**, and **crema**. Serve with **remaining lime wedges** on the side.

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