



CHEESY TEX-MEX PLANT-BASED PROTEIN TOSTADAS

with Long Green Pepper, Pico de Gallo & Smoky Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Red Onion



1 | 2
Tomato



¼ oz | ½ oz
Cilantro



1 | 2
Lime



1 | 2
Long Green Pepper



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



1 tsp | 2 tsp
Chili Powder



6 | 12
Flour Tortillas
Contains: Soy, Wheat



½ Cup | 1 Cup
Mexican Cheese Blend
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Smoked Paprika



1 tsp | 2 tsp
Hot Sauce



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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: 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**)

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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.**
- 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.



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.**



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 **paprika** and **sour cream**. Season with a **pinch of salt and pepper** to taste.



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.**



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.



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.

*Plant-based protein is fully cooked when internal temperature reaches 165°.