



# 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 | 1  
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



4 oz | 8 oz  
Pico de Gallo



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: 850



## 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

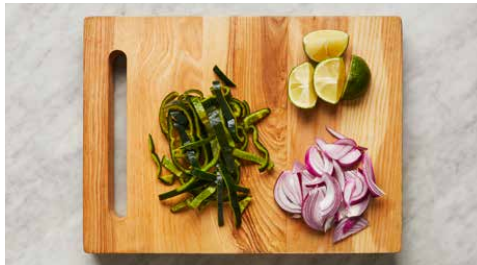
- Small bowl
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 3 TBSP)

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



### 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 (**whole onion for 4**). 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 CREMA

- In a small bowl, combine **paprika** and **sour cream**. Season with a **pinch of salt and pepper** to taste.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



### 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 plant-based 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 **lime wedges** on the side.