



TEX-MEX PLANT-BASED PROTEIN TOSTADAS

with Pineapple Salsa, Pickled Onion & Cilantro-Lime Drizzle

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Lime



4 oz | 8 oz
Pineapple



1 | 2
Tomato



1 | 2
Red Onion



¼ oz | ½ oz
Cilantro



2 TBSP | 4 TBSP
Vegan Mayonnaise



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



6 | 12
Flour Tortillas
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

HELLO

PICKLED ONION

Lime juice, sugar, and salt transform red onion slices into bright, crisp, tangy pickles that are perfect for topping tostadas.

PREP: 10 MIN | COOK: 25 MIN | CALORIES: 700



FORK IT OVER

Prick your tortillas with a fork before toasting to prevent air pockets and puffiness. Flat tortillas = more surface area for toppings!

BUST OUT

- Zester
- Large pan
- 3 Small bowls
- Baking sheet
- Plastic wrap
- Kosher salt
- Black pepper
- Sugar ($\frac{1}{4}$ tsp | $\frac{1}{2}$ tsp)
- Cooking oil (3 tsp | 4 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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1 PREP

- Wash and dry produce.
- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees.
- Halve, peel, and thinly slice **onion**. Zest and quarter **lime**. Drain **pineapple (reserving liquid)**; roughly chop pineapple. Dice **tomato**. Mince **cilantro**.



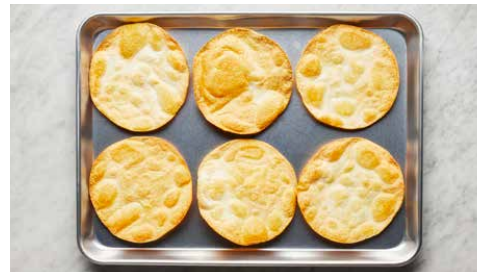
4 COOK PROTEIN

- 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, 1-2 minutes more. **TIP: Cover pan if protein starts to splatter!**
- Turn off heat; keep covered until ready to serve.



2 PICKLE ONION

- In a small microwave-safe bowl, combine **onion**, juice from **half the lime**, **2 tsp reserved pineapple juice**, $\frac{1}{4}$ tsp sugar, and $\frac{1}{4}$ tsp salt (**4 tsp pineapple juice**, $\frac{1}{2}$ tsp sugar, and $\frac{1}{2}$ tsp salt for 4 servings). Cover tightly with plastic wrap and microwave for 1 minute. Set aside to pickle, stirring occasionally, until ready to serve.



5 TOAST TORTILLAS

- Meanwhile, drizzle **tortillas** with **1 tsp oil (2 tsp 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.
- Bake on top rack, carefully flipping halfway through, until lightly golden, 4-5 minutes per side. (**For 4, divide between two baking sheets; toast on top and middle racks, flipping tortillas and swapping baking sheet positions halfway through toasting.**) **TIP: Watch carefully—tortillas brown fast!**



3 MAKE SALSA & DRIZZLE

- In a second small bowl, combine **chopped pineapple, tomato, and half the cilantro**. Taste and season with **salt and pepper**.
- In a separate small bowl, combine **mayonnaise**, remaining cilantro, and as much **lime zest** as you like. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Taste and season with a **pinch of salt and pepper**.



6 ASSEMBLE & SERVE

- Divide **tortillas** between plates. Top with **plant-based protein, pineapple salsa**, and as much **pickled onion (draining first)** as you like. Drizzle with **cilantro-lime drizzle**. Serve with remaining **lime wedges** on the side.