



In your box

- 🔪 1 Poblano Pepper
- 3 oz. Chipotle Crema
- 5 oz. Tex-Mex Style Corn & Bean Salad
- 1 tsp. Cilantro Lime Pepper Salt
- 1 oz. Queso Fresco Crumbles
- 12 oz. Cauliflower Florets
- 4 Small Flour Tortillas
- Customize It Options**
- 12 oz. Impossible Burger
- 8 oz. Shrimp
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Boneless Skinless Chicken Breasts

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

- Olive Oil, Cooking Spray
- 2 Baking Sheets

Minimum Internal Protein Temperature

| | | | | |
|-------------|-------------|------|---------------|---------|
| 145° | Steak | Pork | Lamb | Seafood |
| 160° | Ground Beef | | Ground Pork | |
| 165° | Chicken | | Ground Turkey | |

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Roasted Cauliflower Tostadas

with corn and bean salsa

NUTRITION per serving—Calories: 490, Carbohydrates: 51g, Sugar: 10g, Fiber: 8g, Protein: 13g, Sodium: 1580mg, Fat: 28g, Saturated Fat: 11g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare two baking sheets with foil and cooking spray



Customize It Instructions

- Meatlovers! If using protein, cook in a medium non-stick pan over medium heat with 1 tsp. **olive oil** If using **chicken breasts**, pat dry. Cook until chicken reaches minimum internal temperature, 5-7 per side. If using **Impossible Burger**, break up burger until heated through, 4-5 minutes. If using **shrimp**, pat dry. Cook until shrimp reaches minimum internal temperature, 2-3 minutes per side.

1. Prepare the Ingredients

- *Tostadas are a delicious, but messy treat. For this recipe, they can easily be converted to tacos. Simply warm tortillas in oven for 1-2 minutes after completing steps.*
- Cut **cauliflower** into bite-sized pieces.
- Stem **poblano**, seed, and cut into ½" dice. *Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.*

2. Roast the Vegetables

- Place **cauliflower** and **poblano** on one prepared baking sheet and toss with 1 Tbsp. **olive oil** and **seasoning blend** until coated.
- Spread into a single layer. Roast in hot oven until cauliflower is slightly browned, 15-18 minutes.
- While vegetables roast, toast tortillas.



3. Toast the Tortillas

- Poke **tortillas** with a fork all over, 10 times for each tortilla.
- Place tortillas on second prepared baking sheet and lightly coat both sides with cooking spray. Massage cooking spray into tortillas.
- Bake in hot oven until browned and crispy, 5-7 minutes.



4. Add the Toppings

- Carefully remove **tortillas** from oven and place on a clean work surface. *Caution! Baking sheet will be hot.*
- Spread **chipotle crema** evenly on tortillas. Top evenly with **vegetables** and **corn and bean salad**.



5. Finish the Dish

- Plate dish as pictured on front of card, garnishing **tostadas** with **cheese**. Bon appétit!