



In your box

- 2 oz. Feta Cheese
- 1 Shallot
- 2 Garlic Cloves
- .125 oz. Oregano
- 3 oz. Sour Cream
- 4 Small Flour Tortillas
- 4 oz. Grape Tomatoes
- 1 oz. Pitted Kalamata Olives
- 2 Zucchini
- 1 Persian Cucumber

Customize It Options

- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 10 oz. Steak Strips
- 12 oz. Diced Boneless Skinless Chicken Breasts

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- 2 Mixing Bowls, Baking Sheet, Large Non-Stick Pan



Greek Zucchini Tostadas

with tomato and Kalamata olive salsa

NUTRITION per serving—Calories: 507, Carbohydrates: 50g, Fat: 33g, Protein: 16g, Sodium: 1342mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
20-30 min.

Cook Within
7 days

Difficulty Level
Intermediate

Spice Level
Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 400 degrees
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: shallot

Customize It Instructions

Meat lovers! If using **protein**, cook prior to cooking zucchini. If using **whole chicken breasts**, pat chicken dry and cut into 1" dice. Season with 1/4 tsp. **salt**. If using **diced chicken**, pat dry and season with 1/4 tsp. **salt**. Place a medium non-stick pan over medium-high heat and add 2 tsp. olive oil. Add diced chicken to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes. If using **steak strips**, separate into a single layer and pat dry. Season with 1/4 tsp. **salt**. Follow same instructions as chicken and add steak strips to hot pan. Stir occasionally until no pink remains, 4-6 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Bake the Tortillas

- 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, omitting this step.
- Poke **tortillas** with a fork all over, 10 times for each tortilla.
- Place tortillas on prepared baking sheet. Drizzle with 1 tsp. **olive oil** and massage oil into tortillas.
- Bake in hot oven until browned and crispy, 5-7 minutes.
- While tortillas bake, prepare ingredients.



2

Prepare the Ingredients

- Halve **tomatoes** lengthwise.
- Halve and peel **shallot**. Cut half into thin slices and remaining into 1/4" dice.
- Cut **olives** into 1/4" rounds.
- Stem and coarsely chop **oregano**.
- Trim **zucchini** ends, quarter lengthwise, and cut into 1/4" slices.
- Trim **cucumber** and mince.
- Mince **garlic**.



3

Make the Salsa

- Combine **tomatoes**, **sliced shallot** (reserve diced shallot for zucchini), **olives**, **oregano**, 2 tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside to let flavors marry.



4

Cook the Zucchini

- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil**, **zucchini**, and **diced shallot** to hot pan. Stir occasionally until lightly browned and tender, 4-5 minutes.
- Add **garlic**, 1/4 tsp. **salt**, and a pinch of **pepper**. Cook until aromatic, 30 seconds.
- Remove from burner.



5

Make Tzatziki and Assemble Tostadas

- Combine **cucumber**, **sour cream**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** in another mixing bowl.
- Plate dish as pictured on front of card, spreading tzatziki on **tortillas**, then adding **zucchini** and **salsa**. Top with **feta**. Bon appétit!