



In your box

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

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 10 oz. Steak Strips
- 10 oz. USDA Choice Sliced Flank Steak

*Contains: milk, wheat

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Greek Zucchini Tostadas

with tomato and Kalamata olive salsa

NUTRITION per serving—Calories: 504, Carbohydrates: 50g, Sugar: 12g, Fiber: 5g, Protein: 15g, Sodium: 1508mg, Fat: 33g, Saturated Fat: 12g
 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

20-30 min.

Cook Within

7 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- 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

- Meatlovers! If using a protein, cook in a medium non-stick pan over medium-high heat with 2 tsp. **olive oil**. If using **diced chicken**, pat dry. Season all over with a pinch of **salt** and **pepper**. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **steak strips** and **flank steak**, separate into a single layer and pat dry. Season all over with a pinch of salt and pepper. Stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest. 3 minutes. If using **shrimp**, pat dry and season with a pinch of salt and pepper. Cook until opaque and shrimp reaches minimum internal temperature, 2-3 minutes per side. Add proteins to tostadas as desired.



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**.
- Halve and peel **shallot**. Cut one half into thin slices and other half into ¼" dice.
- Thinly slice **olives**.
- Stem and coarsely chop **oregano**.
- Trim **zucchini** ends, quarter lengthwise, and cut into ¼" wedges.
- Trim **cucumber** and finely chop.
- 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**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir occasionally until aromatic, 30-60 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!