



**GREEN
CHEF**

PLANT-BASED PROTEIN TACOS

with Monterey Jack, quick-pickled onion & corn, cilantro crema

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

810

Tonight's vegetarian tacos are brimming with bold flavors and packed with protein. Our secret? A savory filling made from plant-based protein. The filling is cradled in warm flour tortillas and given a spicy, citrusy kick from our orange-chili spice blend. Quick-pickled onion and corn lend a tangy crunch over top, while cilantro crema and Monterey Jack cheese bring creamy richness to every bite.

INGREDIENTS (12 ITEMS)

9 oz **Ground plant-based protein** W S T
 1 ½ tsp **Orange-chili spice blend**
 3 ½ oz **Green bell pepper**
 1 whole **Red onion**
 1 ½ oz **Corn**
 ¼ oz **Cilantro**
 1 oz **Monterey Jack cheese** M
 2 oz **Sour cream** M
 1 ½ oz **Tomato paste**
 6 whole **Flour tortillas** W
 1 whole **Mushroom stock concentrate**
 1 oz **Apple cider vinegar**

WHAT YOU'LL NEED

small pot
 large sauté pan
 small bowl
 measuring cup & spoons
 thermometer
 oven mitt
 cooking oil
 1 tbsp sugar
 salt & pepper

ALLERGENS

W WHEAT
S SOY
T TREE NUTS (coconut)
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 400 degrees.
- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay one half flat and cut lengthwise into **strips**, about ¼ inch thick. Lay remaining half flat and small **dice** into pieces, about ¼ inch each.
- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- De-stem **cilantro**; finely chop leaves.

**Your bell pepper may be a different color. Either way, this dish will still be delicious!*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

QUICK-PICKLE VEGGIES

- Place **apple cider vinegar** and about ¼ cup water in a small pot over medium-high heat. Add **corn** and **onion strips**. Season with about 1 tablespoon sugar and a pinch of salt and pepper. Stir to combine. Bring to a boil, then reduce heat to medium-low. Simmer 15 minutes, or until liquid is mostly reduced, stirring occasionally.

3

MAKE FILLING

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **diced onion** to hot pan. Season with a pinch of salt and pepper. Cook 2-3 minutes, or until veggies are tender, stirring occasionally.
- Add **ground plant-based protein** and **tomato paste**. Season with most of the **orange-chili spice blend** (reserve about ¼ teaspoon for Step 5). Cook 2-3 minutes, or until tomato paste is incorporated, stirring occasionally.
- Add ½ cup water and **mushroom stock concentrate**. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until plant-based protein is fully cooked and liquid is cooked off, stirring occasionally.* (Plant-based protein is fully cooked when internal temperature reaches 165 degrees.)

**Be sure to scrape up any browned bits in the bottom of the pan as you stir — those unassuming specks are full of concentrated flavor and will add additional richness to your filling.*

4

WARM TORTILLAS

- Stack **flour tortillas** on foil. Wrap foil over tortillas. Place directly on oven rack. Warm 4-6 minutes, or until heated through.

5

MAKE CILANTRO CREMA

- Place **sour cream**, 1 tablespoon water, and about half of the **cilantro** in a small bowl. Season with salt, pepper, and reserved **orange-chili spice blend**. Stir to combine.

6

PLATE YOUR DISH

- Divide **tortillas** between plates. Top with **plant-based protein filling**. Drizzle with **cilantro crema** to taste. Garnish with **Monterey Jack cheese**, **quick-pickled onion and corn**, and remaining **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (418g)

Amount per serving

Calories 810

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1760mg	77%
Total Carbohydrate 72g	26%
Dietary Fiber 7g	25%
Total Sugars 15g	
Includes 7g Added Sugars	14%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 4mg	20%
Potassium 501mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Flour Tortillas [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Bell Peppers**, **Tomato Paste** [tomato paste, citric acid], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Apple Cider Vinegar** [raw and unfiltered organic apple cider vinegar], **Corn, Ground Plant-Based Protein** [53% rehydrated textured vegetable proteins (water, wheat gluten, soy flour, soy protein), water, coconut fat, wheat gluten, sunflower oil, soy protein, pea starch, tomato purée, salt (see salt, salt), herbs and spices, mushroom powder, sugar, red beetroot concentrate, bamboo fiber, vinegar, vinegar powder, modified maize starch, flavourings, yeast extract, preservative (potassium sorbate), emulsifier (methyl cellulose), food acid (potassium lactate, citric acid)], **Cilantro**, **Sour Cream** [cultured cream], **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder, Dried Oregano), **Red Onion**

Allergen information:

Contains Milk, Soy, Tree Nuts And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.