



Plant Chicken Crispy Nacho Tostadas

with Black Beans & Lime Crema



ca. 20min



2 Servings

This is nacho average dinner! Tostadas are the dinnertime go-to when we want something that's both quick and delicious. This vegetarian version serves up some serious nacho vibes with the perfect blend of Tex-Mex flavors. Crispy flour tortillas are topped with taco-spiced black beans, melty cheddar cheese, and fresh pico de gallo.

What we send

- 2 scallions
- 2 plum tomatoes
- 1 lime
- 2 (1 oz) sour cream ⁷
- ¼ oz taco seasoning
- 15 oz can black beans
- 6 (6-inch) corn tortillas
- 2 (2 oz) shredded cheddar-jack blend ⁷
- garlic
- 8 oz pkg plant-based chicken ⁶

What you need

- sugar
- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

- microplane or grater
- small saucepan
- rimmed baking sheet

Allergens

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 46g, Carbs 100g, Protein 52g



1. Prep ingredients

Preheat broiler with a rack in the top position.

Finely chop **2 teaspoons garlic**. Trim **scallions**; thinly slice about ¼ cup. Core **tomato**, then finely chop.

Finely grate **¼ teaspoon lime zest** into a small bowl. Squeeze **2 teaspoons lime juice** into a second small bowl. Cut any remaining lime into wedges.



4. Broil tortillas

Brush both sides of each **tortilla** lightly with **oil**, then spread out on a rimmed baking sheet (it's okay if they overlap slightly). Broil on top oven rack until tortillas are browned in spots, 1-2 minutes per side (watch closely as broilers vary).



2. Make pico & lime crema

To bowl with **lime juice**, add **tomatoes**, **half of the scallions**, **¼ teaspoon of the garlic**, and **a pinch of sugar**, stirring to combine. Season to taste with **salt** and **pepper**.

To bowl with **lime zest**, add **sour cream**, **2 teaspoons each of oil and water**, and **a pinch each of salt and pepper**, stirring to combine. Set both aside until ready to serve.



5. Top with cheese & broil

Divide **half of the cheese** among **tortillas**. Broil on top oven rack until cheese is melted and browned in spots, 1-2 minutes (watch closely).



3. Cook "chicken" & beans

Heat **1 tablespoon oil** in a small saucepan over medium. Add **plant-based chicken**, **remaining garlic and scallions**, and **1 tablespoon taco spice**. Cook chicken in a single layer until browned, 3 minutes. Flip and cook, 1-2 minutes more.

Add **beans and their liquid**; stir occasionally until slightly thickened, 3-5 minutes. Stir in **½ tablespoon butter** until melted. Remove from heat.



6. Assemble tostadas & serve

Evenly divide **plant-based chicken and black beans** among **tostadas**. Spoon **pico de gallo** over top, then drizzle with **lime crema**. Sprinkle **remaining cheese** over top as desired. Serve any **lime wedges** for squeezing. Enjoy!