



Daring Plant-Based Chicken Tostadas

with Black Beans & Lime Yogurt



20-30min



2 Servings

Tostadas—toasted tortillas—are usually deep fried. We cooked ours in a lot less oil, but just enough to get that same golden crispiness. These get topped with adobo-marinated plant-based chicken and a refreshing bean salad. We whipped up a quick lime yogurt to spread on the warm tortillas for a thin layer of creaminess and to help the toppers stick to the crunchy base.

What we send

- 2 scallions
- garlic
- ½ oz fresh cilantro
- 1 lime
- ¼ oz chipotle chili powder
- 8 oz pkg plant-based chicken ¹
- 15 oz can black beans
- 4 oz Greek yogurt ²
- 6 (6-inch) corn tortillas

What you need

- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- neutral oil

Tools

- microplane or grater
- medium skillet

Allergens

Soy (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 23g, Carbs 77g, Protein 42g



1. Prep ingredients

Trim **scallions**, then finely chop about ¼ cup. Finely chop **2 large garlic cloves**. Reserve **¼ of the cilantro sprigs** for serving, then finely chop remaining cilantro leaves and stems. Finely grate **all of the lime zest** and squeeze **all of the lime juice** into a small bowl, keeping them separate.



4. Make tostadas

Heat **¼-inch oil** in a medium skillet over medium-high. Add **tortillas** to skillet, one at a time, and cook until brown and crisp, about 30 seconds per side (watch closely).



2. Marinate plant chicken

In a medium bowl, combine **¼-½ teaspoons chipotle** (depending on your heat preference) and **half each of the lime juice and chopped garlic**. Break **plant chicken** into bite-sized pieces; add to bowl with seasoning mixture, season with **salt**, and toss to coat.



5. Cook plant chicken

Carefully pour off **all but 2 tablespoons of oil** from the skillet. Add **plant-based chicken** and cook over medium-high, stirring, until just warmed through, 3-4 minutes.



3. Make beans & lime-yogurt

Rinse and drain **black beans**. In a medium bowl, combine **beans, chopped scallions and cilantro, remaining chopped garlic, 2 tablespoons vinegar, 1 tablespoon oil**, and **¼-½ teaspoons chipotle** (depending on your heat preference); season to taste with **salt**. In a small bowl, stir to combine **yogurt, lime zest, and remaining lime juice**; season to taste with **salt**.



6. Assemble & serve

Spread **lime yogurt** on **tostadas** and top with **black bean mixture, plant-based chicken**, and **reserved whole cilantro sprigs**. Enjoy!