



## Plant-Based Fried Chik'n Tacos

with Chipotle Crema & Pickled Onions



20-30min



2 Servings

Meatless Monday joins Taco Tuesday for vegetarian tacos that come together in about 30 minutes, thanks to breaded plant-based chik'n cutlets. The chik'n is ready to heat and eat, making these meatless tacos perfect for any night of the week! We serve the crispy cutlets in corn tortillas with chipotle crema, pickled onions, tomatoes, and shredded lettuce for a cooling crunch. Taco night just got more exciting!

## What we send

- 1 medium yellow onion
- 1 head little gem lettuce
- 1 plum tomato
- ½ oz honey
- 2 (1 oz) sour cream <sup>7</sup>
- ¼ oz chipotle chili powder
- 7 oz pkg Meatless Farm chik'n cutlets <sup>1</sup>
- 6 (6-inch) corn tortillas

## What you need

- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- neutral oil

## Tools

- microwave
- medium nonstick skillet

## Cooking tip

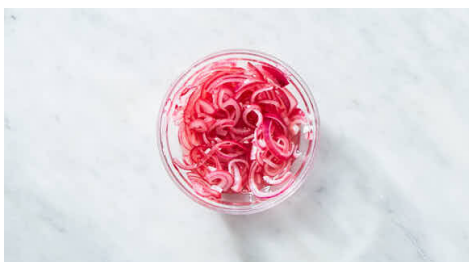
Try this chef-level tortilla toasting technique! Dip each tortilla in water, then toast, one at a time, in a hot skillet. This allows the tortillas to char on the outside while keeping them soft.

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 690kcal, Fat 31g, Carbs 79g, Protein 23g



### 1. Pickle onions

Halve and thinly slice **half of the onion** (save rest for own use). In a medium microwave-safe bowl, combine **sliced onions, 2 tablespoons vinegar, 1 tablespoon sugar, and ½ teaspoon salt**. Microwave until onions are crisp-tender, 1-2 minutes. Cover pickled onions and refrigerate until ready to serve.



### 2. Prep lettuce & tomato

Halve **lettuce** lengthwise, then thinly slice crosswise down to stem end; discard stem end. Cut **tomato** into ¼-inch pieces.



### 3. Make chipotle crema

In a small bowl, stir to combine **honey, all of the sour cream, 1 teaspoon each of vinegar and water, ½ teaspoon salt, and ¼-½ teaspoon chipotle chili powder** (depending on heat preference).



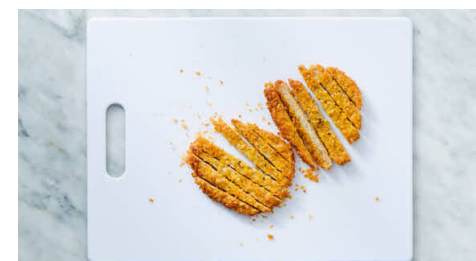
### 4. Fry chik'n cutlets

Heat **¼ inch oil** in a medium nonstick skillet over medium-high until shimmering. Add **Meatless Farm chik'n cutlets** and fry until golden brown, crispy, and warmed through, 2-4 minutes per side (reduce heat if browning too quickly). Transfer chik'n cutlets to a paper towel-lined plate and season lightly with **salt and pepper**.



### 5. Warm tortillas

Meanwhile, wrap **tortillas** in a damp paper towel, then microwave until warm and pliable, 1-2 minutes.



### 6. Finish & serve

Thinly slice each **chik'n cutlet** lengthwise. Serve **tortillas** filled with **chik'n cutlet slices**, and top with **lettuce, tomatoes, pickled onions**, and **some of the chipotle crema**. Enjoy!