

MARLEY SPOON



Vegan Taco Salad

with Pickled Onions & Avocado Dressing



30-40min



2 Servings

This plant-based salad channels all of our favorite taco flavors into a healthy, satisfying one-pan dinner. We layer hearty taco-spiced kidney beans, fresh tomatoes, quick-pickled onions, and crispy tortilla strips over lettuce and drizzle it with a creamy guacamole dressing. Toasted pumpkin seeds on top add a delightful extra crunch.

What we send

- 1 red onion
- ¼ oz fresh cilantro
- 2 plum tomatoes
- 15 oz can kidney beans
- 6 (6-inch) corn tortillas
- 5 oz corn
- ¼ oz taco seasoning
- 2 oz guacamole
- 1 romaine heart
- 1 oz pepitas

What you need

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

Tools

- fine-mesh sieve
- medium nonstick skillet

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 43g, Carbs 72g, Protein 20g



1. Prep ingredients

Halve and thinly slice **half of the onion** (save rest for own use). Pick **cilantro leaves** from **stems**; finely chop stems, keeping leaves whole. Cut **tomatoes** into ½-inch pieces. In a small bowl, combine **cilantro stems, half of the tomatoes, 1 teaspoon oil**, and **a pinch each of salt, pepper, and sugar**; set aside until step 6. Drain **beans**, reserving ⅓ cup bean liquid.



4. Fry tortilla strips

Heat ¼-inch oil in same skillet over medium-high until shimmering. Carefully, add **tortilla strips** and fry, stirring occasionally, until golden brown and crisp, 3–5 minutes (watch closely). Use a slotted spoon to transfer to a paper towel-lined plate and sprinkle tortilla strips with **salt**. Carefully discard **all but 1 tablespoon oil** from skillet; return skillet to medium heat.



2. Pickle onions

In a small bowl, combine ¼ cup of the **sliced onions** with **1 tablespoon vinegar** and **a pinch each of salt and sugar**. Set onions aside to pickle, stirring occasionally, until step 6.



5. Cook beans

Add **remaining sliced onions** to skillet. Cook, stirring, until browned in spots, 3–4 minutes. Add **beans and reserved liquid, taco seasoning** and **remaining tomatoes**. Cook, stirring, until liquid is reduced by half, 6–7 minutes. Remove from heat, stir in ½ **teaspoon vinegar** and ¼ **teaspoon sugar**. Mash half of the beans with back of spoon. Season to taste with **salt** and **pepper**.



3. Prep tortillas, char corn

Halve **3 tortillas** (save rest for own use); stack, then thinly slice into ¼-inch wide strips. Heat **1 teaspoon oil** in a medium nonstick skillet over medium-high. Add **corn** and cook, stirring occasionally, until warmed through and charred in spots, about 3 minutes. Season to taste with **salt** and **pepper**. Transfer corn to a bowl. Wipe out skillet.



6. Finish & serve

Remove **pickled onions** from **pickling liquid**. To bowl with pickling liquid, add **guacamole** and **1 tablespoon each of oil and water**; season dressing to taste. Halve **romaine**; thinly slice crosswise. In a medium bowl, toss lettuce with **dressing**. Serve **lettuce** topped with **beans, marinated tomatoes, corn, pickled onions, pumpkin seeds**, and **whole cilantro leaves**. Enjoy!