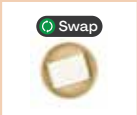




Beyond Meat® Taquitos with Plant-Based Mozzarella

With Zesty Guacamole

Veggie 25 Minutes



Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Tofu
1 | 2



Beyond Meat®
2 | 4



Flour Tortillas
6 | 12



Enchilada Spice Blend
1 tbsp | 2 tbsp



Guacamole
3 tbsp | 6 tbsp



Lime
1 | 2



Tomato Sauce Base
2 tbsp | 4 tbsp



Plant-Based Mozzarella Cheese, shredded
¾ cup | 1 ½ cups



Tomato
1 | 2



Shallot
1 | 2



Cilantro
7 g | 7 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, parchment paper, silicone brush, small bowl, zester, slotted spoon

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then mince **shallot**.
- Roughly chop **cilantro**.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Combine **tomatoes, shallots, lime zest, half the cilantro, 1 tsp (2 tsp) lime juice** and **½ tsp (1 tsp) sugar** in a small bowl. Set aside.

2



Start filling

Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp (1 tbsp) oil**, then **Beyond Meat®**.
- Cook, breaking up **Beyond Meat®** into smaller pieces, until crisp, 4-5 min.**
- Carefully drain and discard excess fat.

3



Finish filling

- Add **Enchilada Spice Blend**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.
- Add **tomato sauce base** and **¼ cup (½ cup) water** to the pan with **Beyond Meat®**. Stir to combine.

4



Assemble taquitos

- On a clean surface, arrange **tortillas**.
- Using a slotted spoon, divide **Beyond Meat® mixture** down the **middle** of **each tortilla**. Sprinkle **cheese** over top.
- Roll **tortillas** tightly over **filling**, then arrange **taquitos** on a parchment-lined baking sheet, seam-side down.
- Brush **taquitos** with **1 tbsp (2 tbsp) oil**.
- Bake in the **middle** of the oven until golden-brown, 6-8 min.

5



Finish and serve

- Divide **taquitos** between plates.
- Dollop with **guacamole** and **tomato salsa**.
- Sprinkle **remaining cilantro** over top.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Start filling

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **Beyond Meat®**, until golden-brown all over, 6-7 min. Disregard instructions to drain excess fat.

** Cook to a minimum internal temperature of 74°C/165°F.