



BBQ Dry-Rub Plant-Based Protein Shreds

with Corn and Ranch Dressing

Veggie

30 Minutes



Plant-Based Protein Shreds
200 g | 400 g



BBQ Seasoning
1 tbsp | 2 tbsp



Corn Kernels
113 g | 227 g



Ranch Dressing
4 tbsp | 8 tbsp



Yellow Potato
350 g | 700 g



Garlic Salt
½ tsp | 1 tsp



Green Onion
1 | 2

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.

1



Roast potatoes

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

- Cut **potatoes** into ¼-inch-thick rounds.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with ¼ **tsp** (½ **tsp**) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until tender, 24-25 min.

2



Cook plant-based protein shreds

- Combine **plant-based protein shreds**, **BBQ seasoning**, ¼ **tsp** (½ **tsp**) **garlic salt** and **1 tbsp** (2 **tbsp**) **oil** in a medium bowl. Toss to coat.
- Heat a large non-stick pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **protein shreds**. Cook, tossing occasionally, until cooked through, 6-8 min. ** Transfer to a plate.

3



Cook corn

- Heat the same pan over medium.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl the pan until melted, 1 min.
- Add **corn** and **2 tbsp** (4 **tbsp**) **water**. Stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.

4



Mix ranch dressing

- Meanwhile, thinly slice **green onion**.
- In a small bowl, stir together **ranch** and **half the green onions**. Season with **salt** and **pepper**.

5



Finish and serve

- Divide **plant-based protein shreds**, **corn** and **potatoes** between plates.
- Drizzle **some ranch dressing** over **corn**, then sprinkle with **remaining green onions**.
- Serve with **remaining ranch dressing** on the side.