



Pozole-Inspired Veggie Stew

with Plant-Based Protein and Toasted Pepitas

Veggie

30 Minutes



Plant-Based Burger Patty



Tortilla Chips



Crushed Tomatoes



Corn Kernels



Pepitas



Lime



Cilantro



Sour Cream



Mexican Seasoning



Scan the QR code to download our app.

HELLO PEPITAS

Add to soups and salads for extra crunch!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, zester, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Plant-Based Burger Patty	2	4
Tortilla Chips	85 g	170 g
Crushed Tomatoes	200 ml	398 ml
Corn Kernels	113 g	227 g
Pepitas	28 g	56 g
Lime	1	1
Cilantro	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Mexican Seasoning	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Prep and make lime crema

- Strip **cilantro leaves** from **stems**. Finely chop **stems**, then roughly chop **leaves**.
- Zest, then juice **half the lime** (same for 4 ppl). Cut **remaining lime** into wedges.
- Set **half the tortilla chips** aside for serving. Crush **remaining chips** in the bag to form coarse crumbs.
- Add **sour cream**, **half the lime zest** (use all for 4 ppl), **¼ tsp sugar** and **1 tsp lime juice** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Start stew

- Heat the same pot over medium. Add **1 tbsp oil** (dbl for 4 ppl), then **plant-based patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.**
- Add **Mexican Seasoning** and **cilantro stems**. Cook, stirring often, until fragrant, 30 sec.
- Add **2 ½ cups water** (4 ½ cups for 4 ppl), **crushed tomatoes** and **crushed tortilla chips**. Bring to a gentle boil. Cook, stirring often, until **tortilla chips** dissolve and **stew** thickens slightly, 7-10 min. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)



Toast pepitas

- Heat a large pot over medium heat.
- When hot, add **pepitas** to the dry pot. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on pepitas so they don't burn!)
- Transfer **pepitas** to a plate.



Finish stew

- Add **corn**. Cook, stirring often, until heated through, 2-3 min.
- Season with **salt** and **pepper**, to taste, then stir to combine.



Cook corn

- Heat the same pot over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **corn**. Season with **salt** and **pepper**. Cook, stirring occasionally, until deep golden-brown, 3-4 min.
- Transfer **corn** to a plate.



Finish and serve

- Divide **stew** between bowls.
- Dollop **lime crema** over top, then sprinkle with **pepitas** and **cilantro leaves**.
- Serve **remaining tortilla chips** alongside for dipping.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!