

**Product Spotlight:  
La Tortilla**

Made locally with Australian corn, La Tortilla uses whole corn kernels to make their tortillas; giving them a delicious, natural corn flavour.



# Mushroom Tostadas

## with Pepita Queso

Crispy corn tortillas layered with a smoky pepita and cashew queso, sweet potato and mushrooms, then finished with creamy avocado, fresh coriander and a squeeze of lime.



35 minutes



2 servings



Plant-Based

## Bulk it up!

*Add charred corn kernels or black beans in the sautéed veg for extra heartiness.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 21g     | 33g       | 120g          |

## FROM YOUR BOX

|                  |          |
|------------------|----------|
| PEPITA QUESO MIX | 1 packet |
| SWEET POTATO     | 400g     |
| MUSHROOMS        | 150g     |
| SHALLOT          | 1        |
| RED CAPSICUM     | 1        |
| CORIANDER        | 1 packet |
| CORN TORTILLAS   | 8-pack   |
| AVOCADO          | 1        |
| LIME             | 1        |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, dried oregano, smoked paprika

## KEY UTENSILS

2 frypans, stock mixer, kettle

## NOTES

Soak cashew queso mix in hot water to help the cashews soften.

If you like a bit of heat, add a few teaspoons of hot sauce to your queso mix.

Air-fry or bake the tortillas for a lighter tostada base.

Add sliced jalapeños, or shredded lettuce for more crunch and contrast.

*Pepita queso mix: pepitas, roasted cashews, nutritional yeast*



### 1. MAKE THE PEPITA QUESO

Combine the **queso mix** with **1/2 tsp ground coriander**, **1/2 tsp oregano** and **1/3 cup hot water** from the kettle (see notes). Leave to soak for 5–10 minutes.

Using a stick mixer, blend the **queso mixture** (including liquid) until smooth. Season with **salt and pepper** to taste.



### 4. COOK THE TOSTADAS

Heat a frypan over medium-high heat with **oil** (see notes). Add **tortillas**, in batches, and cook for 1–2 minutes each side until crispy.



### 2. PREPARE THE VEGGIES

Slice **sweet potato** and **mushrooms**. Dice the **shallot** (reserving 1/3 for garnish) and **capsicum**. Finely chop the **coriander roots and stems**, reserving the leaves for garnish.



### 3. COOK THE VEGGIES

Heat a frypan with **oil** over medium-high heat. Add **shallot**, **mushrooms**, and chopped **coriander**, cook for 4–5 minutes.

Add **capsicum**, **sweet potato**, **2 tsp smoked paprika**, **2 tsp ground coriander**, **tomato paste** and **1/3 cup water**. Simmer semi-covered for 15–20 minutes.



### 5. PREPARE THE TOPPINGS

Slice **avocado**. Zest the **lime**, and sprinkle the zest over the avocado. Wedge the remaining lime. Set aside with reserved **shallot** and **coriander leaves**.



### 6. FINISH AND SERVE

Divide **mushroom mix** amongst **tostadas**. Serve with **pepita queso** and **toppings** (see notes).

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