

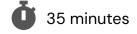




Mushroom Tostadas

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.







Bulk it up!

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

TOTAL FAT CARBOHYDRATES

18g

25g

98g

FROM YOUR BOX

PEPITA QUESO MIX	1 packet
SWEET POTATOES	800g
MUSHROOMS	300g
SHALLOT	1
RED CAPSICUM	1
CORIANDER	1 packet
TOMATO PASTE	1 sachet
CORN TORTILLAS	12-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 2/3 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, 1 tbsp smoked paprika, 1 tbsp ground coriander, tomato paste and 1/2 cup water. Simmer 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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