

Avocado Tempura & Kohlrabi Tortas

with Atlas Carrot & Cabbage Slaw

Filled with layers of creamy avocado, “torta de aguacate” is a tasty vegetarian take on the classic Mexican sandwich. For our version, we’re tempura-battering slices of avocado for a delightful contrast of tender interior and golden, crispy exterior. (To easily coat the delicate avocado, use a spoon to cover it in batter and retrieve the slices before adding them to the pan.) Our tortas get more incredible flavor from a chipotle-lime crema and for a seasonal spin, sweet, roasted kohlrabi—a cabbage relative with refreshing crunch. For our side, we’re serving a tangy lime slaw featuring petite, globe-shaped atlas carrots.

Blue Apron Wine Pairings

Artan Sauvignon Blanc, 2015

Scribner Clay Chenin Blanc, 2014



Ingredients

- 2 Torta Rolls
- 1/3 Cup Tempura Mix
- 6 Ounces Green Cabbage
- 4 Atlas Carrots
- 1 Avocado
- 1 Kohlrabi
- 1 Lime
- 1 Red Onion
- 1 Bunch Cilantro

Knick Knacks

- 1 Chipotle Pepper In Adobo Sauce
- 1/4 Cup Mexican Crema

Makes: 2 servings | **Calories:** about 695 per serving

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Peel the kohlrabi; cut into ¼-inch-thick rounds. Peel and thinly slice the onion. Core the cabbage; thinly slice the leaves. Peel the carrots; halve lengthwise, then thinly slice crosswise. Using a peeler, remove the lime rind, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter the lime. Finely chop the cilantro leaves and stems. Pit, peel and thinly slice the avocado. Halve the rolls. Finely chop the chipotle pepper. Thoroughly wash your hands afterwards.

2



Roast the kohlrabi and onion:

Place the **kohlrabi** and **half the onion** on a sheet pan, keeping them separate. Drizzle each with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Arrange the seasoned onion on the other side of the sheet pan. Roast 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3



Make the slaw & chipotle-lime crema:

While the kohlrabi and onion roast, in a large bowl, combine the **cabbage**, **carrots**, **remaining onion**, **half the cilantro** and the **juice of all 4 lime wedges**. Drizzle with olive oil and season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes; season with salt and pepper to taste. While the slaw marinates, in a bowl, combine the **crema**, **lime zest**, **remaining cilantro** and **as much of the chipotle pepper as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with olive oil and season with salt and pepper to taste.

4



Make the avocado tempura:

While the slaw continues to marinate, in a bowl, whisk together the **tempura mix** and ¼ **cup of water** until smooth; season with salt and pepper. (If the batter thickens, add up to ¼ **cup of water**.) In a medium pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a drop of batter sizzles immediately when added, working in batches, coat the **avocado** in the batter (letting any excess drip off); carefully add to the pan. Cook 2 to 3 minutes per side, or until golden brown. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Carefully discard any excess oil. Wipe out the pan.

5



Assemble the tortas:

Place the **rolls**, cut sides up, on a clean, dry work surface. Spread a layer of the **chipotle-lime crema** onto the cut sides of each roll. Divide the **roasted kohlrabi and onion** and **avocado tempura** between the roll bottoms; season with salt and pepper. Complete the tortas with the roll tops.

6



Toast the tortas & plate your dish:

In the same pan, heat 2 teaspoons of olive oil on medium until hot. Add the **tortas**; place a heavy pot on top. Cook, occasionally pressing down on the pot, 2 to 3 minutes per side, or until browned and slightly flattened. Transfer to a cutting board; cut each toasted torta in half. Divide the tortas and **slaw** between 2 dishes. Enjoy!