

Elote-Style Vegetable Tostadas

with Zucchini, Poblano Pepper & Lime Rice

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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This take on the beloved Latin American dish features a trio of zucchini, poblano pepper, and onion tossed in a light, creamy dressing—inspired by the flavorful mix that tops Mexican street corn, or elote.

Ingredients

-  4 Flour Tortillas
-  ½ cup Sushi Rice
-  2 cloves Garlic
-  1 Lime
-  1 Red Onion
-  1 Zucchini
-  2 Tbsps Grated Cotija Cheese
-  ¼ cup Mayonnaise
-  1 Poblano Pepper
-  1 Tbsp Mexican Spice Blend*

*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

Wellness at Blue Apron

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VEGETARIAN



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
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1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Zest the **lime** to get 1 teaspoon (or use the small side of a box grater). Quarter the lime.
- Medium dice the **zucchini**.
- Peel and roughly chop **2 cloves of garlic**.
- Halve, peel, and medium dice the **onion**.
- Cut out and discard the stem, ribs, and seeds of the **pepper**; medium dice.
- Combine the **diced onion** and **diced pepper** in a bowl.
- Thoroughly wash your hands immediately after handling the pepper.



2 Make the lime rice

- In a small pot, combine the **rice, a big pinch of salt, and ¾ cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **lime zest** and the **juice of 2 lime wedges**. Cover to keep warm.



3 Cook the zucchini

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned; season with salt and pepper. Continue to cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Transfer to a large bowl; cover with foil to keep warm.
- Wipe out the pan.



4 Toast the tortillas

- Meanwhile, place the **tortillas** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Turn to coat; arrange in an even layer.
- Toast in the oven 6 to 8 minutes, or until lightly browned and crispy.
- Remove from the oven.



5 Start the vegetables

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced onion and pepper**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and softened.
- Add **half the spice blend** (you will have extra) and the **chopped garlic** (if the pan seems dry, add a drizzle of olive oil). Cook, stirring constantly, 1 to 2 minutes, or until combined.
- Transfer to the bowl of **cooked zucchini**.



6 Finish the vegetables & serve your dish

- To the bowl of **cooked vegetables**, add the **mayonnaise** and the **juice of the remaining lime wedges**. Stir to combine. Taste, then season with salt and pepper if desired.
- Assemble the tostadas using the **toasted tortillas, lime rice**, and **finished vegetables**.
- Serve the **tostadas** garnished with the **cheese**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 790, Total Carbohydrates: 89g, Dietary Fiber: 5g, Added Sugars: 1g, Total Fat: 43g, Saturated Fat: 7g, Protein: 14g, Sodium: 1000mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC
New York, NY 10005

