

# Cheesy Brussels Sprout Tacos

with Spicy Tahini Sauce, Avocado & Cilantro Rice

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
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## Ingredients

Customized ingredients

ADDED:



10 oz Boneless Chicken Breast Pieces 



1 Avocado



2 oz Monterey Jack Cheese



2 Tbsps Tahini



1 Tbsp Honey



4 Flour Tortillas



½ lb Brussels Sprouts



2 cloves Garlic



¼ cup Cilantro Sauce



2 Tbsps Raw Pepitas



½ cup Long Grain White Rice



1 Sweet or Yellow Onion



1 Lime



2 tps Chipotle Chile Paste



1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

\*Ingredients may be replaced and quantities may vary.



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

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"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & make the spicy tahini sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 2 teaspoons. Halve the lime crosswise.
- Cut off and discard the stem ends of the **brussels sprouts**; quarter lengthwise.
- Halve and peel the **onion**; cut into 1/2-inch-wide wedges.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin; thinly slice the avocado, then place in a bowl. Top with the **juice of 1 lime half**; season with salt and pepper.
- Grate the **cheese** on the large side of a box grater.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **tahini**, **honey** (kneading the packet before opening), **lime zest**, the **juice of the remaining lime half**, **2 tablespoons of warm water**, as much of the **garlic paste** as you'd like, and as much of the **chile paste** as you'd like, depending on how spicy you'd like the dish to be.



## 2 Make the cilantro rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Add the **cilantro sauce**; stir to combine.



## 3 Roast the vegetables & pepitas

- Meanwhile, line a sheet pan with foil.
- Place the **quartered brussels sprouts** and **onion wedges** on the foil; drizzle with **olive oil** and season with salt, pepper, and the **spice blend**. Toss to coat and arrange in an even layer.



### Step 3 continued:

- Roast 12 minutes.
- Leaving the oven on, remove from the oven. Carefully add the **pepitas** in an even layer.
- Return to the oven and roast 2 to 4 minutes, or until the pepitas are lightly browned and the vegetables are tender when pierced with a fork.
- Remove from the oven.

### ➡ ADDITIONAL STEP If you chose Chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Transfer to a plate.

## 4 Make the cheesy tortillas

- Once the vegetables have roasted about 10 minutes, place the **tortillas** on a separate sheet pan. Evenly top with the **grated cheese**.
- Bake 3 to 4 minutes, or until the cheese is melted.
- Remove from the oven. Let stand at least 2 minutes.



## 5 Assemble the tacos & serve your dish

- Assemble the tacos using the **cheesy tortillas**, **spicy tahini sauce**, **roasted vegetables and pepitas**, and **sliced avocado**.
- Serve the **tacos** with the **cilantro rice** on the side. Enjoy!



### ➡ CUSTOMIZED STEP 5 If you chose Chicken

- Assemble the tacos and serve your dish as directed, adding the **cooked chicken** after the sauce.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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