

Chipotle Chicken & Pinto Bean Tostadas

with Tomato Salsa

2 SERVINGS



⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients

 10 oz Chicken Breast Strips 

SWAPPED FOR:


 8 oz Plant-Based Beyond Chicken® Breaded Tenders 


 2 Scallions

 ¼ cup Sour Cream


 4 Flour Tortillas

 1 oz Sliced Pickled Jalapeño Pepper

 4 oz Grape Tomatoes

 2 tsps Chipotle Chile Paste

 2 cloves Garlic

 1 15.5-oz can Pinto Beans

 2 Tbsps Grated Cotija Cheese

 2 tsps Honey



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the salsa

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Drain and rinse the **beans**.
- Halve the **tomatoes**.
- Roughly chop the **pepper**. Thoroughly wash your hands and cutting board immediately after handling.
- In a bowl, combine the **halved tomatoes** and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.
- In a separate bowl, combine the **honey** (kneading the packet before opening), **1 tablespoon of warm water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook & mash the beans

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until slightly softened.
- Add the **drained beans** and **½ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and mashing the beans with the back of a spoon, 4 to 5 minutes, or until slightly thickened.
- Turn off the heat; stir in the **sour cream**. Taste, then season with salt and pepper if desired.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



3 Toast the tortillas

- Meanwhile, place the **tortillas** on a sheet pan.
- Using a fork, prick the tortillas all over to prevent air bubbles from forming. Drizzle with **olive oil** and season with salt and pepper; turn to coat.
- Toast in the oven 4 to 6 minutes, or until lightly browned and crispy.
- Remove from the oven.



4 Cook & finish the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 2 to 3 minutes, or until browned and cooked through.
- Turn off the heat. Add the **sauce** and stir to coat. Taste, then season with salt and pepper if desired.



↩ CUSTOMIZED STEP 4 If you chose Beyond Chicken®

- Line a sheet pan with foil.
- Place the **tenders** on the foil.
- Bake 7 to 9 minutes, flipping halfway through, or until lightly browned and cooked through.*
- Remove from the oven. Immediately season with salt.
- Transfer to a cutting board. When cool enough to handle, halve crosswise.
- Transfer to a bowl. Add the **sauce** and stir to coat. Taste, then season with salt and pepper if desired.

5 Assemble the tostadas & serve your dish

- Assemble the tostadas using the **toasted tortillas**, **mashed beans**, **finished chicken**, and **salsa**.
- Serve the **tostadas** garnished with the **cheese** and **sliced green tops of the scallions**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Beyond Chicken®

- Assemble the tostadas and serve your dish as directed, using the **finished tenders**.

*An instant-read thermometer should register 145°F for Beyond Chicken®.

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

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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