



Smoky Lentil Tacos

with Charred Corn and Peppers

Veggie

Spicy

35 Minutes



Red Lentils



Flour Tortillas, 6-inch



Mexican Seasoning



Garlic, cloves



Yellow Onion



Vegetable Broth Concentrate



Chipotle Powder



Soy Sauce



Baby Spinach



Lime



Canned Corn



Poblano Pepper, chopped



Cilantro



Sour Cream

HELLO CHIPOTLE POWDER

Smoked jalapeño peppers are dried, then ground into a spicy powder!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp

Bust out

Measuring spoons, strainer, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cups
Flour Tortillas, 6-inch	6	12
Mexican Seasoning	1 tbsp	2 tbsp
Garlic, cloves	2	4
Yellow Onion	56 g	113 g
Vegetable Broth Concentrate	1	2
Chipotle Powder 🌶️	½ tsp	1 tsp
Soy Sauce	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Lime	1	1
Canned Corn	½ can	1 can
Poblano Pepper, chopped 🌶️	113 g	226 g
Cilantro	7 g	7 g
Sour Cream	6 tbsp	12 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook lentils and prep

Rinse **lentils** in a strainer until water runs clear. Add **lentils** and **enough water** to cover by 1-inch to a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook covered, until **lentils** soften, 6-8 min. Reserve **½ cup cooking water** (dbl for 4 ppl), then drain. While **lentils** cook, peel, then mince or grate **garlic**. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl). Drain and rinse **corn**.



Finish lentils

When **lentils** are tender, add **lentils**, **soy sauce**, **broth concentrate** and **reserved cooking water** to the pan with **onions**. Simmer, stirring occasionally, until **sauce** thickens slightly, 4-5 min. Remove the pan from heat. Roughly chop **cilantro**. Stir **cilantro** into **lentils**. Season with **salt** and **pepper**.



Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **poblanos**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until warmed through, 1-2 min. Season with **salt** and **pepper**. Transfer **veggies** to a plate and cover to keep warm.



Make salad and warm tortillas

Zest, then juice **lime**. Whisk together **1 tbsp lime juice**, **½ tsp sugar** and **2 tbsp oil** (dbl all for 4 ppl) in a large bowl. Add **spinach**. Season with **salt** and **pepper**, then toss to combine. Wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 1 min. (**NOTE:** You can skip this step if you don't want to warm the tortillas!)



Cook onions

Add **1 tbsp oil** (dbl for 4 ppl), then **onions** to the same pan. Cook, stirring occasionally, until softened, 3-4 min. Reduce heat to medium. Add **garlic**, **Mexican Seasoning** and **½ tsp chipotle powder** to the pan. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 30 sec.



Finish and serve

Add **lime zest** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Divide **chipotle lentils** between **tortillas**, then top with **corn and poblanos**. Dollop **lime crema** over top. Divide **tacos** between plates. Serve **salad** alongside.

Dinner Solved!