

Plant-Based Taco Night | ZOOM Cooking Class (ALL RECIPES INCLUDED!)

MENU

- Taco "Meat" Scramble
- The BEST Guacamole
- Chunky Fresh Salsa
- Creamy Chilli-Lime Dressing

Before You begin...

- wash all produce
- ripen avocados and tomatoes
- prep some/all of the vegetables (optional, but not a bad idea ☐)
- pre-measure the spices for each recipe
- set up required tools
- preheat oven to 425F (220 C)

What you'll need...

- cutting board
- chef's knife and small paring knife
- food processor (optional, but HUGE time saver)

- blender (optional, makes the dressing smoother)
- various bowls for prepped ingredients
- baking tray
- parchment paper
- towels or clean tea towel
- fork or masher
- soup spoon
- salt & pepper

GROCERY LIST

Pantry Items

- olive oil
- apple cider vinegar (optional)
- sea salt
- black pepper
- chili powder
- ground cumin dried oregano paprika (sweet, spicy or smoked)
- chili flakes or cayenne pepper
- maple syrup, honey or sugar

Fresh Produce

- 3-5 avocados (depends on size)
- 2-3 medium sized tomatoes
- 2-3 limes
- 1-2 jalapeno peppers (optional)
- 1 small onion

- 1 small red pepper
- 500 mL brown mushrooms (about 2 cups)
- 2-5 cloves garlic (your taste)
- 1 block sprouted firm or extra firm tofu OR 1 pk tempeh
- 1 bunch green onions (scallions, spring onions, same thing)
- 1 bunch fresh cilantro (coriander, same thing)
- lettuce or salad greens (enough to serve everyone)

Dry Grocery

- 1/4 cup pumpkin seeds
- corn taco shells AND/OR tortilla chips
- (if you want more than just a salad)
- Optional, if you REALLY feel you need it... vegan cheese shreds
- OR
- quality cheese, shredded

THE RECIPES

Spicy Taco “Meat” Scramble – Makes – 2-4 servings

What you’ll need...

- 3/4 medium onion, diced
- 1 pkg sprouted firm or extra firm Tofu, pressed dry & crumbled

- OR 1 pkg tempeh (either tofu or tempeh, don't need both)
- 2 cups (500 mL) brown mushrooms, finely chopped
- $\frac{1}{4}$ cup (60 mL) pumpkin seeds, finely chopped
- $\frac{1}{4}$ cup (60 mL) extra virgin oil
- 2-3 garlic cloves, pressed or minced
- 2 tbsp (30 mL) fresh lime juice, to finish
- 1 tbsp (15 mL) chili powder
- 2 tsp (10 mL) ground cumin
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) sweet or smoked paprika
- $\frac{3}{4}$ tsp (3.75 mL) sea salt
- chili flakes or cayenne pepper, to taste

What to do...

1. Preheat oven to 425F (220 C). Line a baking tray with parchment paper; set aside.
2. Finely chop onion, mushrooms and pumpkin seeds; crumble tofu using fingers. Alternately, chop everything in a food processor in small batches.
3. In a large bowl, combine oil, garlic, lime juice and spices. Add chopped onion, tofu and mushrooms; stir to coat in oil. Transfer to prepared baking tray and spread into an even layer.
4. Roast in center of oven for 15 minutes. Keep back when opening the oven; watch out for steam!
5. Stir gently. Return to oven for 10-20 minutes or until

browned and lightly crispy.

The BEST Guacamole – makes 3-5 servings

What you'll need...

- 3-4 ripe avocados
- 1 clove garlic, pressed or minced
- 1 green onion, thinly sliced
- 2 tbsp (30 mL) fresh lime juice
- 2 tbsp (30 mL) chopped cilantro (or to taste)
- 1 tsp (5 mL) sea salt

What to do...

1. Mash together all ingredients until desired consistency.

Chunky Fresh Salsa – makes 3-5 servings

What you'll need...

- 2-3 ripe medium sized tomatoes
- 1-2 jalapeno peppers (optional)
- 1 small red pepper
- $\frac{1}{4}$ small onion

- $\frac{1}{4}$ cup (60 mL) chopped cilantro
- 1 tbsp (15 mL) fresh lime juice
- $\frac{1}{2}$ tsp (2.5 mL) sea salt
- $\frac{1}{4}$ tsp (1.25 mL) ground black pepper

What to do...

1. Finely chop tomatoes, jalapeños, red pepper and onion. OR
2. Roughly chop tomatoes, jalapeños, red pepper and onion. Blitz to desired consistency in food processor.
3. Strain off any excess liquid; you can reserve this to drink, it's a spicy veggie cocktail!
4. Stir through cilantro, lime juice and salt/pepper to taste.

Creamy Chili-Lime Dressing – Makes 1 cup

What you'll need...

- $\frac{1}{2}$ avocado, mashed
- $\frac{1}{2}$ -1 clove garlic, minced
- $\frac{1}{4}$ cup (60 mL) extra virgin olive oil
- 2-3 tbsp (30-45 mL) cold water (or to desired consistency)

- 2 tbsp (30 mL) fresh lime juice
- 1 tbsp (15 mL) apple cider vinegar (or more lime juice)
- 1-2 tsp (5-10 mL) maple syrup, honey or sugar
- 1 tsp (5 mL) chili powder $\frac{3}{4}$ tsp (3.75 mL) sea salt
- $\frac{1}{4}$ tsp (1.25 mL) lime zest
- $\frac{1}{4}$ tsp (1.25 mL) freshly ground black pepper
- 1 green onion, sliced

What to do...

1. Add all ingredients to a blender and blitz until smooth. OR

2. Whisk together all ingredients, except green onion, until combined. Stir through sliced green onion. May be a little chunky and/or separate when made this way but will still be tasty!