



Look for regular rotations to the menu for new and seasonal meal choices.

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

DID YOU KNOW?

Maitake mushrooms, also known as "hen of the wood", are a delicious wild mushroom that can also be cultivated. When pressed and cooked, the flavor concentrates and the texture firms to resemble steak.

INGREDIENTS: Avocado, Maitake Mushrooms, Black-Eyed Peas, Street Taco Corn Tortillas, Corn, Lime, Sweet Peppers, Baby Kale, Peeled Shallots, MM Olive Oil, Cilantro, Non-Dairy Cream Cheese, Sea Salt, BBQ Seasoning, Cumin

ALLERGENS: tree nuts

At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.



All ingredients included!
See details on back of package.

WILD MUSHROOM TACOS

ROASTED MAITAKE MUSHROOM STREET TACOS TOPPED WITH SWEET PEPPERS, CILANTRO, AND ALMOND MILK CREMA, SERVED ALONGSIDE BLACK-EYED PEA AND CORN SALAD

SERVES 2 | VEGAN | FUN TO EAT



TOOLS YOU'LL NEED:

- 2 sheet pans
- Non-stick medium skillet
- Medium mixing bowl
- Chef's knife
- Cutting board
- Large serving spoon
- Thermometer (recommended)

KEEP REFRIGERATED



1. PREP MUSHROOMS + PREHEAT OVEN

- Preheat oven to 450° F.
- Line a sheet pan with 1 sheet of provided **parchment paper**.
- Remove the **maitake mushrooms** from packaging and fan them out on the sheet pan, being careful to keep them intact.
- Drizzle with half the **olive oil**, and sprinkle with half the **spice mix**.
- Flip the mushrooms over and sprinkle with the remaining spice mix.



2. BAKE MUSHROOMS

- Place the second piece of provided **parchment paper** on top of the mushrooms.
- Add the second sheet pan on top and press down firmly to flatten the mushrooms.
- Leaving the second sheet pan on top, bake in a preheated 450° F oven for 15 minutes.

PRO TIP: Don't have a second sheet pan? You could use an oven safe frying pan to weigh down the mushrooms. Any oven safe heavy object will do.



3. PREPARE VEGETABLES

- Dice **shallot** and set aside.
- Set aside 6 **cilantro** sprigs. Roll up remaining cilantro and slice into thin ribbons. Add to a medium mixing bowl.
- Remove the seeds and stem from all three peppers. Small dice 2 of the sweet peppers and add to the mixing bowl with the cilantro. Slice the remaining pepper into ribbons for garnish.
- Cut the lime into 4 wedges.
- Cut the **avocado** in half, remove pit, slice and set aside.



4. WRAP TORTILLA

- Dampen the remaining piece of **parchment paper** under running water, a few drops on the paper is all you need.
- Remove the **tortillas** from the packaging and wrap in the parchment paper.
- Place the wrapped tortillas inside the provided **foil**, and wrap tightly.
- Set aside.



5. MAKE SALAD

- Preheat skillet on medium-high heat.
- Add remaining olive oil, then add diced shallot.
- Cook until translucent, then add **cumin**, **beans**, and **corn**. Cook 2-3 more minutes until the shallots begin to brown and the corn begins to jump.
- Pour the hot mixture into the bowl with the diced peppers and cilantro.
- Squeeze in the juice of 2 lime wedges, mix well.



6. CUT MUSHROOMS + WARM TORTILLAS

- When the mushrooms have finished cooking, remove from oven. Remove the top sheet pan and discard the top layer of parchment paper.
- Meanwhile add the wrapped tortilla parcel to the same oven, warm for 3 minutes and remove from oven.
- Use a spatula to remove the mushrooms from the sheet pan, and place on a cutting board. Slice into half-inch wide pieces.



7. PORTION SALAD

- Divide the salad between 2 plates.
- Top with sliced avocado.



8. MAKE TACOS

- Unwrap the tortillas and arrange 3 on each plate. Line each tortilla with **baby kale leaves**.
- Divide the sliced mushrooms between each taco.
- Garnish with sprigs of cilantro, sliced sweet peppers, and a squeeze of lime juice.
- Drizzle the **almond milk crema** on top of the salad and tacos to taste.