



E P I C U R E™

# Taco Tuesday Every Day

With your **May Epic Box**, every day of the week can be Taco Tuesday! Keep the Tex-Mex train going strong this month with these flavourful faves, including the brand new *Chipotle Veggie Burger Mix*.



# May Epic Box Contents

Boost your kitchen confidence with help from the May Epic Box.

NEW

EPICURE  
Chipotle Veggie Burger  
Burger végété chipotle



EXCLUSIVE

## Chipotle Veggie Burger

### Chipotle Taco Pockets

More ideas pg. 4



EXCLUSIVE

## Agua Fresca

EPICURE

Agua Fresca



### Hibiscus Sangria

More ideas pg. 6



EPICURE  
Chicken Barbacoa  
Poulet barbacoa



## Chicken Barbacoa

### One-Bite Tacos

More ideas pg. 8



## Enchilada

EPICURE

Enchilada



### Pork & Chickpea Tostadas

More ideas pg. 10



EPICURE  
Spanish Rice  
Riz à l'espagnole



## Spanish Rice

### Migas

More ideas pg. 12



## Taco



### Sheet Pan Fajita Dinner

More ideas pg. 14



EPICURE  
Dulce de Leche



## Dulce de Leche Pudding

### Sticky Toffee Bread Pudding

More ideas pg. 16



# Chipotle Taco Pockets

35 min | 8 servings | Cost per serving: 2.11 CA/1.79 US



## Ingredients

- 1 cup cubed sweet potatoes
- 1 pkg **Chipotle Veggie Burger Mix**
- ½ cup boiling water
- 2 tbsp + 1 tsp oil, divided
- ¾ cup no salt added crushed tomatoes
- ½ cup grated cheddar cheese
- 2 sheets frozen puff pastry, defrosted

## Instructions

1. Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Place sweet potatoes in **Rectangular Steamer**. Cover; microwave on high 3–4 min, or until fork tender.
3. In a food processor, combine mix, water, and 2 tbsp oil; pulse to moisten. Add cooked sweet potato and pulse until well combined.
4. Heat remaining 1 tsp oil in **Sauté Pan** over medium-high heat. Add burger mixture; cook 1–2 min, or until warmed through, breaking up large chunks. Add crushed tomatoes and cheese; stir to combine. Mixture will be thick.
5. Roll out puff pastry. Cut each sheet into quarters.
6. Place about ⅓ cup filling in the center of each piece of dough. Fold dough over top filling, forming a triangle. Using a fork, firmly press edges to seal and prick the top of each pocket.
7. Arrange on pan (it's OK if they touch slightly). Bake 18–20 min, or until puffed and deep gold in colour. Let cool a few minutes before serving—the filling will be hot!

**Tip:** These pockets freeze well—simply pop frozen pockets in the microwave or air fryer to reheat!

Per Serving (1 taco pocket): Calories 380, Fat 21 g (Saturated 9 g, Trans 0.1 g), Cholesterol 5 mg, Sodium 350 mg, Carbohydrates 41 g (Fibre 4 g, Sugars 5 g), Protein 16 g.

[Back to Home](#)



## Chipotle Veggie Burger Mix

- 22 g of protein (when prepared), 5g of fibre, and a smoky Tex-Mex flavour.

---

- No mystery ingredients or unnecessary additives.

---

- Just mix the blend with sweet potato, water, and a little oil to form burger patties that stand up to the grill.

---

- Gluten-free, soy-free, dairy-free, and nut-free.

---

- Don't overmix it! A few pulses in a food processor are all it takes.

---

- If you're not cooking the burgers right away, make sure to cover the mix in plastic wrap so it doesn't dry out.

---

- The crumbly texture (before you shape it into patties) is like ground meat, so it's great for tacos or stuffed peppers.

---

- Use prepared mixture as fillings for pies, enchiladas, burritos, empanadas, etc.

---

- Hydrate the blend with water and mix it with some salsa, sour cream and cream cheese to make a taco dip.

---

- Make sliders with the patty mixture for Burger Bites Power Bowls.



[Back to Home](#)

# Hibiscus Sangria

2 min | 1 serving | Cost per serving: 1.03 CA/0.88 US



## Ingredients

- ¼ cup prepared **Agua Fresca**
- ¼ cup fruit juice, your choice
- ¼ cup ice
- ¼ cup wine, your choice, or club soda
- ¼ cup berries, fresh or frozen

## Instructions

1. In a glass, combine agua fresca, juice, ice, and wine. Stir in berries.

**Tip:** Swap berries for any summery fruits, such as sliced apple, pineapple, peach, orange, and melon.

**Per Serving:** Calories 110, Fat 0 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 5 mg, Carbohydrate 16 g (Fibre 2 g, Sugars 11 g), Protein 0.5 g.

[Back to Home](#)



### Agua Fresca Drink Mix

- Agua fresca means “fresh water” in Spanish. In Mexico, it’s often called “agua Jamaica” because it is made from Jamaica (hibiscus) petals.

---

- Lands perfectly between water and juice, offering a refreshing blend of sweet and slightly tart hibiscus flavours.

---

- It’s the perfect addition to Taco Tuesday, and it also makes gorgeous lattes, cocktails, and zero proof drinks.

---

- 1 package makes 8 cups of Agua Fresca—just add water!

---

- Add fruit slices and mint leaves to elevate your drink.

---

- Prepared recipe (drained) stays fresh for up to 5 days in fridge.



HIBISCUS CHIA LEMONADE



HIBISCUS ICED TEA LATTE

# One-Bite Tacos

15 min | 24 mini tacos | Cost per serving: 0.42 CA/0.36 US



Make a big batch of barbacoa ahead of time, divide into portions, and freeze the portions; then, you can pull them out for a quick appy when you need it. One Chicken Barbacoa recipe makes enough for 6 batches of these one-bite wonders!

## Ingredients

1 cup prepared **Chicken Barbacoa**  
5–6 small (6") or 3–4 large (10") tortillas  
**Toppings** (optional): **Poco Picante Salsa**, **Guacamole**, or sour cream

## Instructions

1. Preheat oven to 350° F.
2. Using a 3" cookie cutter, cut tortillas into 24 rounds. Wrap in a large kitchen towel. Microwave on high for 45 sec. Lightly brush with oil and press into wells of mini muffin pan.
3. Bake 8 min, or until golden brown and toasty. Turn onto **Cooling Rack**. If making ahead, store in an air-tight container at room temperature up to 5 days. If shells soften, re-crisp in 350° F oven.
4. To serve, spoon warm chicken barbacoa into taco shells so they are half full (1½–2 tsp each) and add toppings, if desired. Serve warm.

**Tip:** Instead of making your own mini taco shells, use nacho chip scoops.

**Tip:** If your mini taco shells are popping out of the pan, place Cooling Racks on top to hold them down while baking.

Per serving (1 mini taco): Calories 40, Fat 1.5 g (Saturated 0.3 g, Trans 0 g), Cholesterol 15 mg, Sodium 80 mg, Carbohydrate 3 g (Fibre 0 g, Sugars 0 g), Protein 5 g.

[Back to Home](#)



## Chicken Barbacoa Seasoning

- Barbacoa is a saucy, shredded taco filling. Chicken is slow-cooked to tender juiciness in an aromatic sauce of chilis, tomato and warming spices.

---

- Use beef instead of chicken for a beef barbacoa.

---

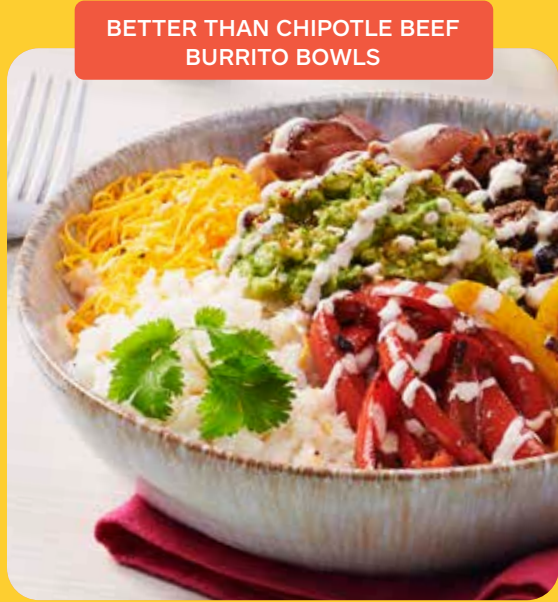
- Substitute water with beer when cooking for a deeper flavour.

---

- Pair with Spanish Rice on taco nights!

---

- 1 package makes 6 cups of shredded chicken.



BETTER THAN CHIPOTLE BEEF BURRITO BOWLS



TEX-MEX CHICKEN PIZZA



CHICKEN ADOBO

[Back to Home](#)



# Pork & Chickpea Tostadas

20 min | 4 servings | Cost per serving: 3.02 CA/2.57 US



## Ingredients

- ½ bunch fresh cilantro
- 1 lime
- ½ cup 2% plain Greek yogurt
- 2 tsp oil
- ½ lb (225 g) ground pork
- 1 can (14 oz/398 ml) low sodium chickpeas
- 1 pkg **Enchilada Seasoning**, divided
- 1 cup water
- 2 tbsp tomato paste
- 8 small tortilla shells (corn or flour), warmed
- Toppings** (optional): chopped red onions, sliced avocado

## Instructions

1. Chop cilantro (including stems); add to a bowl. Squeeze in juice from lime. Stir in yogurt. Set aside.
2. In a large, non-stick fry pan, heat oil over medium-high heat. Add pork; stir-fry until cooked, about 3 min, breaking up large chunks as needed.
3. While pork is cooking, drain and rinse chickpeas. Pat dry using a paper or kitchen towel. Add to pan; sprinkle with 1 tbsp seasoning. Reduce heat to medium. Stir occasionally and lightly mash chickpeas as they heat through, about 3 min.
4. Meanwhile, in a 4-cup microwave-safe bowl, whisk together remaining seasoning, water, and tomato paste. Microwave, uncovered, on high for 2 min, or until thickened. Remove from microwave; whisk.
5. Spread yogurt sauce over tortilla shells. Top with pork and chickpea mixture and additional toppings, if desired. Spoon enchilada sauce over top.

**Perfectly balance your plate:** Serve with 1 cup sliced vegetables, your choice.

**Tip:** To warm tortilla shells, stack up to four between damp paper towels. Microwave about 20 seconds. Or place in an ungreased fry pan over medium heat, about 15 seconds per side.

**Tip:** Make it vegetarian—omit the pork and use 2 cans (14 oz/398 ml each) drained and rinsed chickpeas.

Per serving (2 tostadas): Calories 410, Fat 15 g (Saturated 4 g, Trans 0 g), Cholesterol 40 mg, Sodium 510 mg, Carbohydrate 51 g (Fibre 9 g, Sugars 7 g), Protein 22 g.

[Back to Home](#)



## Enchilada Seasoning

- Silky-smooth tomato-based sauce with mild spice.
- Customize enchiladas with shredded chicken or ground meat.
- Dry blend doubles as a seasoning to make soups and stews.
- Use the prepared sauce to slow cook chicken, pork, or beef in the slow cooker.
- 1 pkg makes 4 servings of enchiladas.



BLACK BEAN ENCHILADA SLIDERS



SAUCY ENCHILADA BURGER

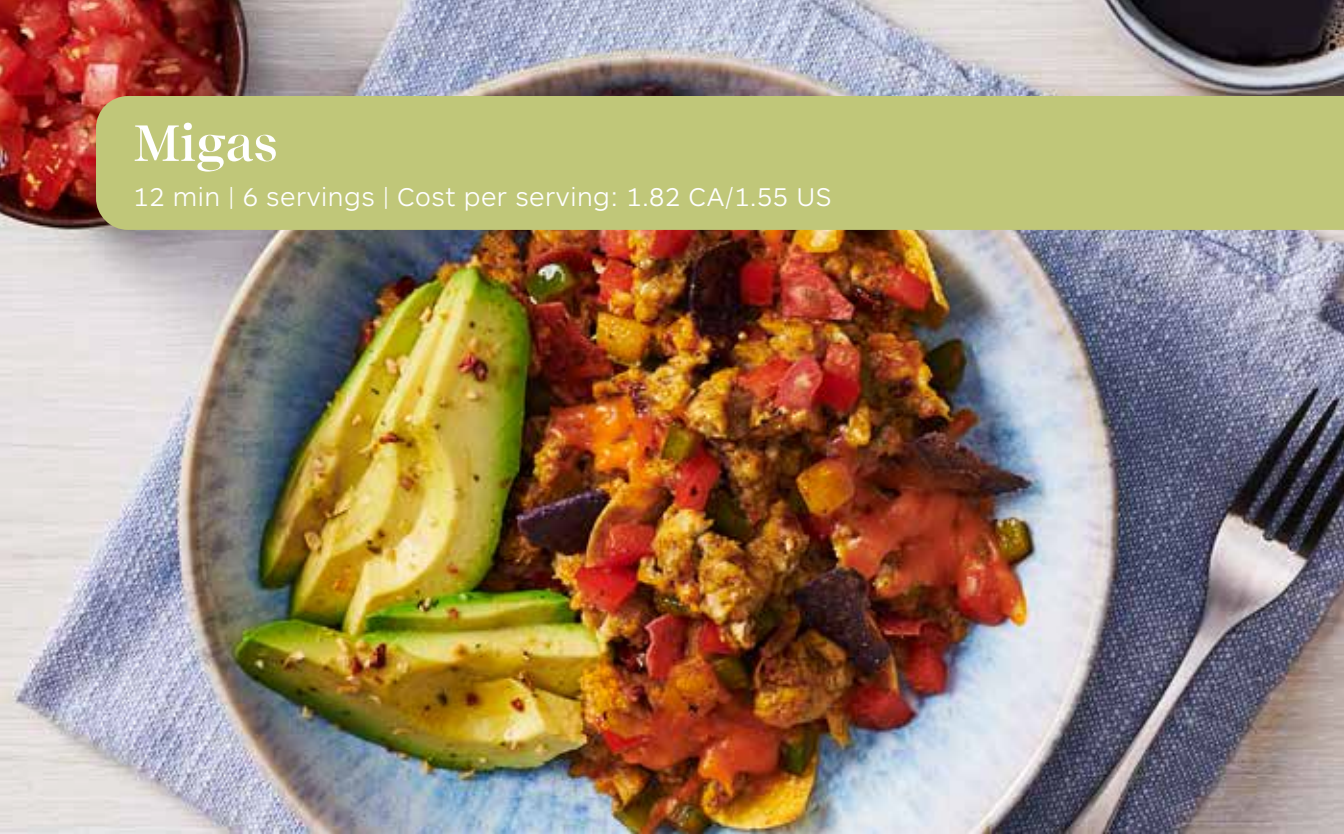


SAUCY ENCHILADA CHICKEN SKILLET

[Back to Home](#)

# Migas

12 min | 6 servings | Cost per serving: 1.82 CA/1.55 US



Migas are breakfast nachos! They are a playful twist on scrambled eggs loaded with cheese, crunchy peppers, and crushed tortilla chips. Eggs are full of protein and healthy fats for a hearty start to your day. And, this recipe is a great way to use up leftover chips—in fact, the staler, the better for absorbing all the luscious flavors.

## Ingredients

3 bell peppers  
1 tbsp oil  
½ pkg **Spanish Rice Seasoning**,  
divided  
12 eggs  
3 cups unsalted tortilla chips  
½ cup grated cheddar cheese  
½ cup prepared **Poco Picante Salsa**

**Toppings** (optional): prepared  
**Guacamole** or sliced avocado,  
prepared **Roasted Garlic Aioli**

## Instructions

1. Dice peppers.
2. Heat oil in **Sauté Pan** over medium-high heat. Add peppers and 1 tbsp seasoning; stir often, until soft, about 4 min.
3. Meanwhile, in a large bowl, whisk eggs with remaining seasoning.
4. Reduce heat to medium; add eggs to pan. Stir frequently until eggs are creamy and just set, about 2-3 min. Crumble in tortilla chips, cheese and salsa; stir to combine. Add toppings, if desired.

**Perfectly balance your plate:** Serve with a slice of toast or ½ cup roasted potatoes.

Per serving: Calories 320, Fat 19 g (Saturated 6 g, Trans 0.1 g), Cholesterol 380 mg, Sodium 480 mg, Carbohydrate 18 g (Fibre 3 g, Sugars 4 g), Protein 17 g.

[Back to Home](#)



## Spanish Rice Seasoning

- The taco night sidekick you've been waiting for!

---

- Filling for tasty burritos, tacos, enchiladas, and more.

---

- Mild heat with flavours of tomato, oregano, cumin, and coriander.

---

- Follow the recipe on the package for perfect rice every time.

---

- For softer rice, increase the water and simmer longer. For firmer rice, reduce water and simmer for less time.

---

- 1 package makes 6 cups of rice.



[Back to Home](#)

# Sheet Pan Fajita Dinner

20 min | 6 servings | Cost per serving: 3.33 CA/2.83 US



## Ingredients

2 bell peppers  
½ red onion  
1½ lbs (675 g) boneless, skinless chicken breasts or flank steak  
2 tbsp oil  
1–2 tbsp **Taco Seasoning**  
12 small whole-grain or corn tortillas  
1 cup grated cheese, preferably low fat  
**Toppings** (optional): prepared **Guacamole**, prepared **Poco Picante Salsa**, cilantro, lime wedges

## Instructions

1. Arrange racks in top and bottom third of oven. Preheat broiler to high.
2. Meanwhile, thinly slice peppers and onion. Cut chicken into bite-size pieces. Place veggies and chicken on **Sheet Pan**. Add oil and seasoning; toss to evenly mix, then spread out in a single layer.
3. Broil on top rack in oven, rotating pan and stirring often, until cooked through, 8–10 min.
4. Wrap tortillas in foil; place on bottom rack in oven for last 3 min of cooking.
5. Remove both from oven; sprinkle cheese over chicken mixture. Serve in warm tortillas with toppings, if desired.

**Perfectly balance your plate:** Serve with 1 cup leafy greens with a drizzle of balsamic vinegar.

Per serving (2 fajitas): Calories 480, Fat 21 g (Saturated 8 g, Trans 0.2 g), Cholesterol 100 mg, Sodium 530 mg, Carbohydrate 35 g (Fibre 8 g, Sugars 3 g), Protein 37 g.

[Back to Home](#)



## Taco Seasoning

- Classic Tex-Mex flavour with medium heat and a blend of herbs, spices, onions, and garlic.
- All-purpose seasoning beyond tacos. Use for pasta, roasted chicken, slow cooked meat, burgers, and more!
- One jar seasons up to 7 lbs (3 kg) ground meat.

CHEESY TACO PASTA



EASY CHICKEN FAJITAS



LOADED TACO SHOESTRING FRIES



[Back to Home](#)

# Sticky Toffee Bread Pudding

20 min | 12 servings | Cost per serving: 0.48 CA/0.41 US



We've taken classic bread pudding and given it a mini makeover. Dates bring natural sweetness to the party and, thanks to the pudding mix, there's a ton of luscious, caramel goodness in there, too. Your Muffin Makers are a great tool for perfectly portioning desserts; not to mention, they're made with microwave-safe silicone, saving you a whopping 10 minutes of cooking time in the microwave.

## Ingredients

½ cup dried dates, pitted  
1 cup milk, your choice  
2 tbsp unsalted butter  
2 eggs  
½ pkg **Dulce de Leche Instant Pudding Mix**  
4 cups cubed, day-old bread or croutons  
**Toppings** (optional): caramel sauce, vanilla ice cream

## Instructions

1. Tear dates in half and place in a bowl. Cover with water. Microwave 30 sec; set aside to hydrate.
2. Place milk and butter in **Multipurpose Steamer**. Cover and microwave on high 3 min, or until butter is melted and mixture is hot.
3. Meanwhile, in a medium bowl, whisk eggs and pudding mix until well combined.
4. Stir bread cubes into hot butter mixture.
5. Drain water from dates. Fold dates and egg mixture into soaked bread.
6. Lightly brush **Muffin Makers** with oil. Divide mixture between wells so they are about  $\frac{3}{4}$  full. In two batches, microwave on high for 2.5 min. Or, bake in preheated 350° F oven for 15 min. Let cool in pan 5 min before unmolding.
7. Top with caramel sauce and ice cream, if desired.

**Per serving:** Calories 110, Fat 3.5 g (Saturated 2 g, Trans 0.1 g), Cholesterol 40 mg, Sodium 80 mg, Carbohydrates 17 g (Fibre 1 g, Sugars 10 g), Protein 3 g.

[Back to Home](#)



### Dulce de Leche Pudding Mix

- Rich, creamy, and dreamy! It makes a pudding in minutes—so you can enjoy it anytime you’re looking for a quick, sweet treat.
- Deep caramel notes.
- Versatile enough to make bread puddings, energy balls, and caramelized carrots; add to smoothies; and more!
- Half the sugar of store-bought instant pudding mixes.
- 1 pkg makes 3 cups of pudding (or 6 servings).



[Back to Home](#)