



## Cauliflower Tacos Al Pastor

If you LOVE tacos as much as we do, these tacos are a great way to create a delicious meatless evening and celebrate spring! Al Pastor Tacos were introduced into Mexican cuisine a hundred years ago through Lebanese immigrants in Puebla. They are based on classic shawarma and incorporate Mexican ingredients like tortillas instead of flatbread and pork instead of lamb. The chilis and roasted pineapple bring it all together to create perfect harmony. Our recipe substitutes the pork with tasty garbanzo beans and cauliflower, which are marinated and roasted in adobo and topped with roasted pineapple salsa. Remember that by reducing your meat consumption, you are being mindful of our planet and nurturing your body with plant-based nutrient-dense meals. Making the adobo sauce the night before and soaking the cauliflower will allow all the delicious flavors to come together and intensify. There are two parts to this recipe, the adobo tacos, and the salsa.

### INGREDIENTS:

#### ADOBO TACOS

3 guajillo chiles, seeded  
2 pasilla chiles, seeded  
¼ cup onion, chopped  
2 garlic cloves, peeled  
1 Tbsp Achiote (Annatto) paste  
2 inches pineapple  
¼ cup apple cider vinegar  
1 tsp cumin powder

¼ cup water  
Salt and pepper, to taste  
1 ½ cups chickpeas, cooked  
and drained  
1 cauliflower, cut in florets  
12-15 corn tortillas  
4 limes, cut in wedges  
1 avocado, pureed

#### PINEAPPLE SALSA

6 pineapple slices  
2 Roma tomatoes, diced  
½ red onion, diced  
1 jalapeño, seeded and diced  
¼ cup cilantro, chopped  
¼ cup mint, chopped  
Juice of 2 limes  
Salt and pepper, to taste

#### TACOS METHOD:

1. In a blender, make the Adobo by placing the chiles, onion, garlic, Achiote, pineapple, vinegar, cumin, water, salt, and pepper. Blend into a smooth paste, and add more water if needed. Rectify the flavor and reserve.
2. Place the cooked chickpeas in a bowl and pour just enough of the adobo to coat.
3. Place the cauliflower in a separate bowl and marinate it with the remaining adobo for at least 30 minutes, or preferably, marinate overnight.
4. Preheat the oven to 400°F and line a baking sheet with parchment paper.
5. Place the marinated cauliflower and chickpeas in the oven to roast for 15 minutes or until golden.
6. In the meantime, prepare the salsa and the limes. Once the cauliflower and garbanzos are cooked, place them in a bowl or container with a lid to keep warm.
7. Place at the center of the table with warm tortillas and prepare the tacos with a spoonful of the garbanzo and cauliflower al pastor, a roasted pineapple salsa dollop, pureed avocado, and a squeeze of lime.

#### SALSA METHOD:

1. Place the pineapple slices on a grill or char directly over a flame. You can also roast them in the oven, but they won't have a smoky flavor. Let them cool and coarsely chop.
2. In a bowl, combine the diced tomatoes, pineapple, red onion, jalapeño, cilantro, and mint - season with lime juice, salt, and pepper to taste.
3. Reserve refrigerated until ready to serve.

*¡Buen Provecho!*