

HARVEST MOLE TACOS **Wind and Waves Grill** **Disney's Vero Beach Resort**

Serves 4

AVOCADO CREMA

1 cup raw cashews
3 cups water
2 avocados
Juice of 2 limes
6 tablespoons red wine vinegar
1/2 teaspoon ground cumin
1 tablespoon salt
1 to 2 tablespoons plant-based milk

PLANT BASED MOLE MIX

2 tablespoons canola oil
1/4 cup diced red pepper
1/4 cup diced yellow pepper
1/2 cup diced yellow onion
1/2 cup diced carrots
1 1/2 teaspoon minced garlic
2 teaspoons raisins
1/4 cup sesame seeds
1 1/2 teaspoon chili powder
1 1/2 teaspoon ground cumin
1 tablespoon salt
1 1/2 teaspoon white pepper
Juice of 1/2 lime
1/2 bunch cilantro, chopped
1/2 teaspoon cayenne pepper
2 bay leaves
3 cups vegetable stock
1/4 cup dairy-free dark chocolate chips
4 plant-based burger patties

This recipe has been converted from a larger quantity in the restaurant kitchens.

The flavor profile may vary from the restaurant's version.

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CHARRED CORN PICO

3 ears corn
3 tablespoons pumpkin seeds
1 red onion, diced
2 cloves garlic, chopped
3 tablespoons coarse salt
1 teaspoon black pepper
1/2 teaspoon cayenne
1 lime, juiced and zested
3 tablespoons red wine vinegar
2 Roma tomatoes, seeded and diced
6 tablespoons olive oil

SPANISH RICE

3 tablespoons canola oil
1/4 cup red onion, diced
2 cloves garlic, minced
1 tablespoon tomato paste
2 cups vegetable stock
1/3 cup diced carrots
1 bay leaf
4 sprigs cilantro
1 teaspoon paprika
1/2 teaspoon ground cumin
1 1/2 teaspoons salt
1/4 teaspoon black pepper
1 cup short grain white rice
1/3 cup frozen corn, thawed
1/3 cup frozen peas, thawed

TACOS

12 corn tortillas
2 cups shredded romaine
1/2 cup diced tomato
4 lime wedges

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FOR AVOCADO CREMA:

1. Combine cashews and water in large bowl and soak in refrigerator for at least 8 hours. Drain water from cashews.
2. Place cashews, avocado, lime juice, vinegar, cumin, and salt in food processor and blend until well mixed.
3. Add plant-based milk until crema is smooth.
4. Strain through mesh sieve and refrigerate until ready to serve.

FOR PLANT BASED MOLE MIX:

1. Heat oil in large stockpot over medium heat for 5 minutes, until hot. Add red and yellow pepper, onion, and carrots and sauté for 8-10 minutes, until vegetables begin to caramelize. Add garlic and cook 2 minutes longer.
2. Add raisins, sesame seeds, chili powder, cumin, salt, pepper, lime juice, cilantro, cayenne pepper, and bay leaves. Cook over medium-high heat, stirring frequently, for 5 minutes.
3. Add vegetable stock and simmer over low heat for 1 hour. Remove bay leaves.
4. Pour into blender and add dairy-free chocolate. Blend until smooth. Set aside.
5. Heat non-stick skillet over medium heat for 5 minutes, until hot. Sauté plant-based burger patties in skillet, breaking up with spatula into bite-sized pieces. Cook for 10 minutes, until burgers begin to caramelize.
6. Pour 1 cup of mole sauce over plant-based patties.
7. Keep warm until ready to serve.

FOR CHARRED CORN PICO:

1. Preheat gas grill or prepare coals on charcoal grill. Remove husks and silks from corn. Place corn on preheated grill and cook, turning every 2-3 minutes until kernels are charred. Cool completely, then cut kernels off cob.
2. Preheat oven to 350°F. Place pumpkin seeds on baking sheet and bake, stirring every 5 minutes, for 15 minutes, until toasted. Cool completely, then chop.
3. Combine onion, garlic, salt, black pepper, cayenne, lime juice, and red wine vinegar in medium bowl. Rest for 15 minutes.
4. Add diced tomatoes, olive oil, pumpkin seeds, and charred corn to onion

mixture.

5. Refrigerate until ready to serve.

FOR SPANISH RICE:

1. Heat oil in medium saucepan over medium heat for 5 minutes, until hot. Add onions and cook for 5 minutes, then add garlic and cook for 1 minute. Stir in tomato paste until incorporated with onion and garlic.
2. Add vegetable stock, carrots, bay leaf, cilantro, paprika, cumin, salt and pepper to saucepan and increase heat to high. Once the vegetable stock boils, add rice. Cover and reduce heat to low. Cook for 15-20 minutes, until rice is fully cooked and liquid is absorbed.
3. Turn off heat and remove bay leaf and cilantro. Stir in corn and peas.
4. Keep warm until ready to serve.

TO SERVE:

Heat tortillas in skillet until warm. Top with lettuce, mole mix, corn pico, avocado crema, and tomatoes. Serve with Spanish rice.

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