






Cooking Made Easy

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Quickfire Quesadillas with Homemade Citrus Guacamole

Patrick's been trying out a few new Mexican dishes in the Fresh Kitchen of late and the main technique in tonight's dinner has become a favourite. By mashing up most of the kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces. Keep a few whole ones back for texture too... arriba!



45 min



veggie



Onion



Yellow Pepper



Mexican Spice



Red Kidney Beans in Chilli Sauce



Coriander



Baby Gem Lettuce



Cherry Tomatoes



Avocado



Lime



Sour Cream



Wholemeal Tortilla



Cheddar Cheese

Ingredients

	2P	4P
Onion, sliced	1 cup	2 cups
Yellow Pepper, chopped	½	1
Mexican Spice (Fajita Seasoning)	½ tsp	1 tsp
Red Kidney Beans in Chilli Sauce	1 tin	2 tins
Coriander, chopped	½ bunch	1 bunch
Baby Gem Lettuce, chopped	1	2
Cherry Tomatoes, halved	1 cup	2 cups
Avocado	1	2
Lime	½	1
Sour Cream 1	3 tbsp	6 tbsp
Wholemeal Tortilla 2	4	8
Cheddar Cheese, grated 1	3 tbsp	6 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | **2)** Gluten

Nutrition per serving: Calories: 954 kcal | Protein: 33 g | Carbs: 122 g | Fat: 36 g | Saturated Fat: 15 g

2



1 Peel the onion and chop in half lengthways through the root then very thinly slice it widthways into half moon shapes. Chop the yellow pepper into 1cm chunks. Heat 1 tbsp of olive oil on medium-low heat in a frying pan and cook the onions and pepper for around 6 mins, then add the spice mixture.

3



2 Whilst the onion cooks pour three quarters of the kidney beans into a bowl (still in their sauce) and mash them up thoroughly using a masher (or a fork). **Tip:** *It might look a bit crazy but trust us it'll taste amazing!*

5



3 Once the onion and pepper has softened up, stir in the mashed beans. Add 5 tbsp of water to the remaining (whole) red kidney beans and swirl them around, before adding to the pan too.

6



4 Pre-heat your oven to 200 degrees. Let the mixture bubble away gently on low heat until it has thickened enough to fill your tortillas. Meanwhile roughly chop

the coriander and gem lettuce. Chop the cherry tomatoes in half.

5 Slice your avocado in half lengthways and remove the stone. Scoop the avocado out using a spoon and then mash it thoroughly with a fork. Mix in a tsp of lime juice, a bit of lime zest and the sour cream. Season with a little pinch of salt and pepper.

6 Once the sauce is thick take it off the heat and stir through all but a tbsp of the chopped coriander. Divide the mixture into four equal portions and spoon it along one end of each tortilla. Roll up the wraps, place them on a baking tray and grate the cheese over the top. Cook in the oven until the cheese melts.

7 Toss the cherry tomatoes, gem lettuce and 1 tbsp of coriander in 1 tsp of olive oil and season with some salt and pepper. Serve everything with your homemade guacamole and devour immediately!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!