



Cheesy Sweet Potato Quesadillas

with Rocket Salad and Soured Cream

Classic 40-45 Minutes • Mild Spice • 4 of your 5 a day

19



Sweet Potato



Medium Tomato



Black Beans



Mature Cheddar
Cheese



Tomato Puree



Mexican Style
Spice Mix



Vegetable Stock
Paste



Plain Taco Tortilla



Wild Rocket



Soured Cream



Chorizo

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, sieve, bowl, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Medium Tomato	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	80g	120g	160g
Tomato Puree	30g	60g	60g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Plain Taco Tortilla 13)	6	9	12
Wild Rocket**	40g	60g	80g
Soured Cream** 7)	75g	150g	150g
Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Beans*	150ml	225ml	300ml
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	521g	100g	566g	100g
Energy (kJ/kcal)	3519 / 841	676 / 162	4347 / 1039	769 / 184
Fat (g)	31.4	6.0	47.6	8.4
Sat. Fat (g)	15.9	3.0	21.9	3.9
Carbohydrate (g)	102.5	19.7	103.9	18.4
Sugars (g)	18.1	3.5	18.3	3.2
Protein (g)	32.3	6.2	43.6	7.7
Salt (g)	4.00	0.77	6.59	1.16

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potato** into 1cm chunks (no need to peel).

Pop the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until tender and golden, 15-20 mins. Turn halfway through.



Bake your Quesadillas

Once cooked, mix the **roasted sweet potato** into the **bean mixture**.

Lay the **tortillas** onto a lightly oiled baking tray and spoon the **bean mixture** onto one half of each one. Top with the **grated cheese**. Fold the other side over to make a semi-circle. Press down to keep together.

Rub a little **oil** over the top of each one, then bake on the top shelf until golden, 6-8 mins.



Get Prepped

Meanwhile, cut the **tomato** into 1cm chunks.

Drain and rinse the **black beans** in a sieve, then pop **half** of them into a bowl and roughly mash with the back of a fork.

Grate the **Cheddar cheese**.



Make the Salad

While the **quesadillas** bake, add the **tomato chunks** and **olive oil for the dressing** (see pantry for amount) to a medium bowl.

Season with **salt** and **pepper**, then mix well to combine.

Just before serving, add the **rocket** to the **dressing** and toss well to coat.



Cook the Beans

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, stir in the **tomato puree** and **Mexican style spice mix** and cook for 1 min.

Mix in the **black beans** (whole and mashed), **veg stock paste** and **water for the beans** (see pantry for amount), then season with **salt** and **pepper**.

Simmer, stirring occasionally, until all the liquid has evaporated, 8-10 mins. Taste and season again if needed, then remove from the heat.

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, add it to the pan before the **tomato puree** and fry on medium-high heat until it starts to brown, 3-4 mins. Reduce the heat to medium and add the **tomato puree** and continue as instructed.



Serve

Once the **quesadillas** are cooked, transfer to your plates. Cut in half before serving if you'd like.

Serve with a dollop of **soured cream** on top and the **salad** alongside.

Enjoy!