

# Cheesy Gochujang Quesadillas

with Tomato and Baby Leaf Salad



20 Minutes • Mild Spice • 2 of your 5 a day • Veggie









**Garlic Clove** 









Gochujang Paste

Tomato Puree



Honey





Mature Cheddar



Plain Taco Tortilla

Cheese



Medium Tomato



Cider Vinegar



Premium Baby Leaf Mix



Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

## Before you start

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

## Cooking tools

Garlic press, sieve, frying pan, grater, baking tray and bowl. Ingredients

9			
Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Gochujang Paste 11)	50g	80g	100g
Honey	15g	22g	30g
Vegetable Stock Paste 10)	10g	15g	20g
Mature Cheddar Cheese** 7)	90g	150g	180g
Plain Taco Tortilla 13)	6	9	12
Medium Tomato	1	11/2	2
Cider Vinegar 14)	15ml	22ml	30ml
Premium Baby Leaf Mix**	50g	75g	100g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	419g	100g
Energy (kJ/kcal)	3428 /819	818/196
Fat (g)	38.3	9.1
Sat. Fat (g)	12.7	3.0
Carbohydrate (g)	83.0	19.8
Sugars (g)	20.1	4.8
Protein (g)	31.3	7.5
Salt (g)	4.85	1.16

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

# Allergens

7) Milk 10) Celery 11) Soya 13) Cereals containing gluten 14) Sulphites

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.

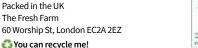
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

### Contact

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## **Get Prepping**

- a) Preheat your oven to 240°C/220°C fan/gas mark 9.
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Drain and rinse the black beans in a sieve.



## **Build the Flavour**

- a) Heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the garlic, tomato puree and gochujang to the pan.
- c) Cook, stirring, for 1 min.



# Bring on the Beans

- a) Stir the black beans, honey, vegetable stock paste and water for the sauce (see pantry for amount) into the frying pan. TIP: If your honey has hardened, pop it into a bowl of hot water for 1 min.
- **b)** Simmer until thickened slightly, 2-3 mins. Taste and season with salt and pepper if needed.
- c) Meanwhile, grate the Cheddar cheese.



## Make your Quesadillas

- a) Lay the tortillas onto a lightly oiled large baking tray and spoon the gochujang beans onto one half of each one. Top with the grated cheese.
- **b)** Fold the other side of the **tortilla** over to make a semi-circle. Press down to keep together.
- c) Rub a little oil over the top of each quesadilla, then bake on the top shelf of your oven until golden, 5-7 mins.



## Prep the Salad

- a) While the quesadillas bake, cut the tomato into 1cm chunks.
- b) Add the tomatoes to a medium bowl with the cider vinegar, sugar and olive oil for the dressing (see pantry for both amounts).
- c) Season with salt and pepper, then set aside to macerate.



## Finish and Serve

- a) Just before you're ready to serve, toss the baby leaves in the tomatoes and dressing.
- b) Transfer your quesadillas to your plates and serve the **salad** alongside.
- c) Add a dollop of mayonnaise (see pantry for amount) on the side for dipping.

## Enjoy!