



Kids' Easy Cheesy Corn Quesadillas with Carrot Sticks

Kids 20-25 Minutes • 2 of your 5 a day • Veggie

14A

Find all your unchilled Market items in bag A.



Mature Cheddar Cheese



Sweetcorn



Marinara Sauce



Smoked Paprika



Plain Taco Tortillas



Carrot

Pantry Items
Oil

Before you start

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

Cooking tools

Grater, sieve, bowl and baking tray.

Ingredients

Ingredients	Quantity
Mature Cheddar Cheese** 7)	90g
Sweetcorn	160g
Marinara Sauce	120g
Smoked Paprika	1 sachet
Plain Taco Tortillas 13)	6
Carrot**	1

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	330g	100g
Energy (kJ/kcal)	2449/585	741/177
Fat (g)	22.3	6.8
Sat. Fat (g)	12.0	3.6
Carbohydrate (g)	71.0	21.5
Sugars (g)	14.1	4.3
Protein (g)	22.7	6.9
Salt (g)	2.59	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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1



2



3



Get Prepped

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

b) Grate the **Cheddar cheese**.

c) Drain the **sweetcorn** in a sieve.

d) In a medium bowl, mix together the **sweetcorn**, **marinara sauce** and **smoked paprika** until combined.

Bake your Quesadillas

a) Lay the **tortillas** onto a lightly oiled baking tray and spoon the **sweetcorn mixture** onto one **half** of each one. Top with the **grated cheese**.

b) Fold the other side over to make a semi-circle. Press down to keep together.

c) Rub a little **oil** over the top of each one, then bake on the top shelf of your oven until golden, 8-12 mins.

Finish and Serve

a) Meanwhile, trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

b) Once cooked, slice the **cheesy corn quesadillas** in half and share between 2 serving plates.

c) Serve your **carrot sticks** alongside to finish.

Enjoy!