



Cheesy Sweet Potato Quesadillas

with Chips and Soured Cream

43

Classic 40-45 Minutes • Medium Spice • 3 of your 5 a day



Potatoes



Sweet Potato



Black Beans



Mature Cheddar Cheese



Tomato Puree



Chipotle Paste



Vegetable Stock Paste



Plain Taco Tortillas



Soured Cream



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

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. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Sweet Potato	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	80g	120g	160g
Tomato Puree	30g	45g	60g
Chipotle Paste	20g	30g	40g
Vegetable Stock Paste 10)	10g	15g	20g
Plain Taco Tortillas 13)	6	9	12
Soured Cream** 7)	75g	150g	150g
Diced Chorizo** 7)	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	749g	100g	794g	100g
Energy (kJ/kcal)	4114 / 983	550 / 131	4942 / 1181	623 / 149
Fat (g)	27.6	3.7	43.8	5.5
Sat. Fat (g)	15.3	2.1	21.4	2.7
Carbohydrate (g)	145.6	19.5	147.0	18.5
Sugars (g)	20.7	2.8	21.0	2.6
Protein (g)	36.0	4.8	47.2	5.9
Salt (g)	3.75	0.50	6.34	0.80

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, mollusc, 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.

 You can recycle me!

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Chip, Chip, Hooray

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **white potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** 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, bake on the middle shelf until golden, 25-30 mins. Turn halfway through.



Flavour Town

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

Stir in the **black beans** (whole and mashed), **chipotle paste** (add less if you'd prefer things milder), **veg stock paste**, **sugar** and **water** (see pantry for both amounts). Season with **salt** and **pepper**.

Simmer, stirring occasionally, until all the liquid has evaporated, 8-10 mins.

CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan before the **tomato puree**. Fry, 3-4 mins, then add the **tomato puree** and continue as instructed.



Sweet Potato Time

Meanwhile, chop the **sweet potato** into 1cm chunks (no need to peel).

Pop the **sweet potato chunks** 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, 16-18 mins. Turn halfway through.

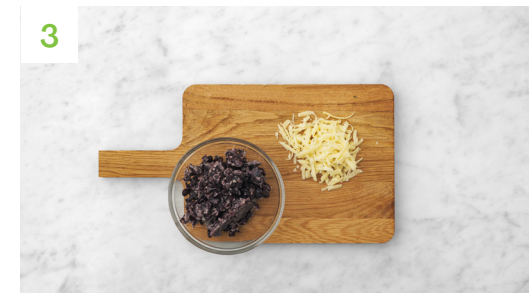


Bake the Quesadillas

Once cooked, stir the **roasted sweet potato** through the **bean mixture**.

Lay the **tortillas** onto a lightly oiled baking tray and spoon the **bean mixture** onto one half of each one. Sprinkle over **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.



Finish the Prep

Meanwhile, 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 **cheese**.



Serve Up

Once golden, transfer the **quesadillas** to your plates.

Serve with a dollop of **soured cream** and the **chips** alongside.

Enjoy!