



# Pulled Chipotle Chicken and Chorizo Quesadillas

with Sweet Potato Wedges, Avocado & Tomato Salsa and Soured Cream

31

Street Food 40-45 Minutes • Mild Spice • 3 of your 5 a day



Garlic Clove



Sweet Potato



British Chicken Thighs



Avocado



Lime



Baby Plum Tomatoes



Mature Cheddar Cheese



Diced Chorizo



Chipotle Paste



Plain Taco Tortillas



Soured Cream

**Pantry Items**

Oil, Salt, Pepper, Olive Oil



## 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

Garlic press, baking tray, bowl and grater.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Sweet Potato	2	3	4
British Chicken Thighs**	2	3	4
Avocado	1	2	2
Lime**	1	1.5	2
Baby Plum Tomatoes	125g	190g	250g
Mature Cheddar Cheese** 7)	90g	120g	180g
Diced Chorizo**	90g	120g	180g
Chipotle Paste	20g	30g	40g
Plain Taco Tortillas <b>13)</b>	4	6	8
Soured Cream** 7)	75g	120g	150g
Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	740g	100g
Energy (kJ/kcal)	5442/1301	735/176
Fat (g)	74.7	10.1
Sat. Fat (g)	29.1	3.9
Carbohydrate (g)	98.5	13.3
Sugars (g)	23.7	3.2
Protein (g)	57.6	7.8
Salt (g)	4.85	0.66

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

## 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, 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.

## Contact

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## Roast the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press).

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** 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 of your oven until golden, 30-35 mins. Turn halfway through.

4



## Mix your Filling

When the **chicken** has 5 mins left, add the **chorizo** to the **chicken** tray to cook for the remaining time.

Once cooked, remove the **chicken** and **chorizo** tray from the oven. Use two forks to gently break apart the **chicken**.

Transfer the **pulled chicken** and **chorizo** to a medium bowl. Stir through the **chipotle paste**. Clean the tray.

2



## Cook the Chicken

Meanwhile, lay the **chicken thighs** flat onto a baking tray. Drizzle with **oil**, sprinkle over the **garlic**, season with **salt** and **pepper**, then toss to coat.

Roast on the middle shelf until browned and cooked through, 16-18 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

5



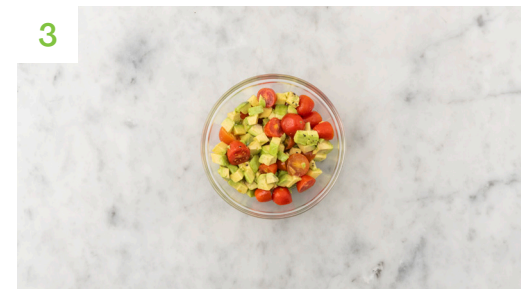
## Bake your Quesadillas

Lightly **oil** the (now empty) tray, then lay on the **tortillas** (2 per person). Spoon the **chicken mixture** onto one **half** of each **tortilla**, then top with the **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 **quesadilla**, then bake on the middle shelf of your oven until golden, 8-12 mins.

3



## Time to Salsa

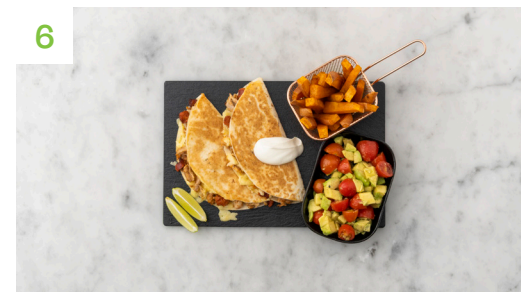
While everything's in the oven, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, then chop into 2cm chunks.

Halve the **lime** and **baby plum tomatoes**.

In a medium bowl, add the **tomatoes**, **avocado**, **half the juice** from the **lime** and the **olive oil for the salsa** (see pantry for amount). Season with **salt** and **pepper**, toss to combine, then set your **salsa** aside.

Grate the **Cheddar cheese**.

6



## Serve Up

When ready, transfer the **quesadillas** to your plates and top with a dollop of **soured cream**.

Serve with the **sweet potato wedges** and **avocado salsa** alongside.

Cut any remaining **lime** into wedges for squeezing over.

## Enjoy!