



Cheesy Charred Corn Quesadillas with Zesty Soured Cream and Salad

17

Quick 20-25 Minutes • **Mild Spice** • 2 of your 5 a day



Sweetcorn



Onion



Mature Cheddar Cheese



Greek Style Salad Cheese



Lime



Central American Style Spice Mix



Plain Taco Tortillas



Medium Tomato



Soured Cream



Baby Leaf Mix



Diced Chorizo

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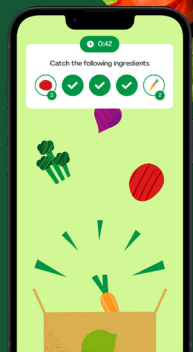
TRIP TO NEW YORK



SMEG KITCHENWARE



INSTANT WINS



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Pantry Items

Oil, Salt, Pepper, Sugar, 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. Ingredients in red are hot!

Cooking tools

Sieve, frying pan, grater, fine grater, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	160g	272g	340g
Onion**	1	1½	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Greek Style Salad Cheese** 7)	50g	75g	100g
Lime**	1	1	1
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Plain Taco Tortillas 13)	4	6	8
Medium Tomato	1	1½	2
Soured Cream** 7)	75g	120g	150g
Baby Leaf Mix**	50g	70g	100g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ 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	418g	100g	463g	100g
Energy (kJ/kcal)	2479 /592	594 /142	3307 /790	715 /171
Fat (g)	30.6	7.3	46.9	10.1
Sat. Fat (g)	16.3	3.9	22.3	4.8
Carbohydrate (g)	55.8	13.4	57.2	12.4
Sugars (g)	15.6	3.7	15.8	3.4
Protein (g)	22.1	5.3	33.3	7.2
Salt (g)	2.53	0.61	5.11	1.11

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

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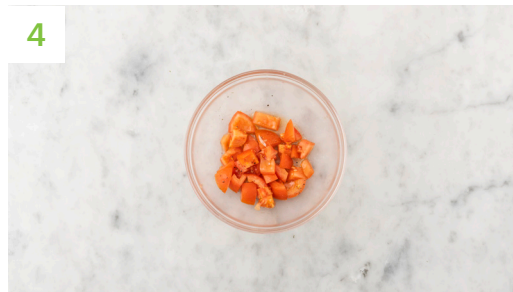


Char the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Drain the **sweetcorn** in a sieve. Halve, peel and chop the **onion** into small pieces.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **onion** and **corn**. Fry until softened and starting to char, 5-6 mins. Stir only twice during this time.

CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan with the **veg**. Fry for the same amount of time, then continue as instructed.



Tomato Salad Time

- While the **quesadillas** bake, cut the **tomato** into 1cm chunks.
- Wipe out the (now empty) filling bowl.
- In the clean bowl, mix the **sugar** and **olive oil for the dressing** (see pantry for both amounts) with a squeeze of **lime juice**. Season with **salt** and **pepper**.
- Add the **tomato** to the **dressing** and set aside until serving.



Mix the Filling

- Meanwhile, grate the **cheddar cheese**. Crumble the **Greek style salad cheese**. Zest and halve the **lime**.
- Once the **veg** is cooked, remove from the heat and stir through the **Central American style spice mix**.
- Add the **spiced veg**, both **cheeses** and **half the lime zest** to a medium bowl. Mix together well.
- Taste and season with **salt** and **pepper** if needed.



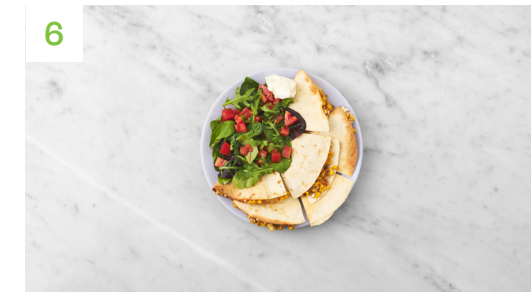
Zest It Up

- In a small bowl, mix together the **soured cream** and remaining **lime zest**.
- Taste and season with **salt** and **pepper** if needed.



Make your Quesadillas

- Lay the **tortillas** (2 per person) onto a lightly oiled **baking tray** and spoon the **cheesy veg filling** onto one half of each one.
- 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 of your oven until golden, 5-7 mins.



Finish and Serve

- When the **quesadillas** are ready, add the **baby leaves** to the **tomato bowl** and toss to coat in the **dressing**.
- Plate up your **quesadillas** with the **salad** alongside.
- Dollop the **zesty soured cream** alongside to finish.

Enjoy!

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