

Chipotle Pulled Chicken and Chorizo Quesadillas

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

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



Sweet Potato



Garlic Clove



British Chicken Thighs



Avocado



Lime



Baby Plum Tomatoes



Coriander



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

Baking tray, garlic press, bowl and grater.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Garlic Clove**	2	3	4
British Chicken Thighs**	4	6	8
Avocado	1	2	2
Lime**	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Coriander**	1 bunch	1½ bunches	2 bunches
Mature Cheddar Cheese** 7)	90g	120g	180g
Diced Chorizo** 7)	90g	120g	180g
Chipotle Paste	20g	30g	40g
Plain Taco Tortillas 13)	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	845g	100g
Energy (kJ/kcal)	6273/1499	742/177
Fat (g)	87.8	10.4
Sat. Fat (g)	32.9	3.9
Carbohydrate (g)	98.9	11.7
Sugars (g)	23.0	2.7
Protein (g)	78.6	9.3
Salt (g)	5.11	0.61

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.

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.



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 shred the **chicken** as finely as you can.

Transfer the **shredded chicken** and **chorizo** to a medium bowl. Stir through the **chipotle paste**.



Cook the Chicken

Meanwhile, peel and grate the **garlic** (or use a garlic press).

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.

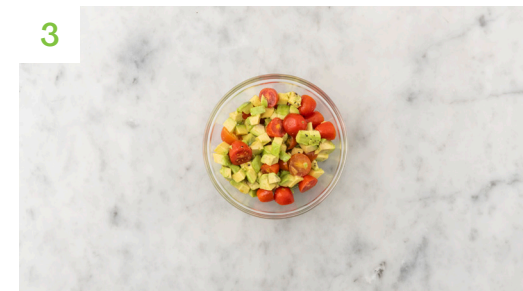


Bake your Quesadillas

Clean the (now empty) oven tray, lightly drizzle with **oil**, then lay on the **tortillas** (3 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.



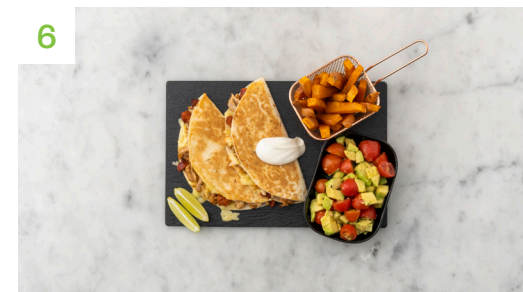
Time to Salsa

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**. Roughly chop the **coriander** (stalks and all).

In a medium bowl, add the **tomatoes**, **avocado**, **coriander**, 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**.



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!