



# Charred Corn, Bean and Cheddar Quesadillas with Chips and Salad

43

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day



Potatoes



Garlic Clove



Sweetcorn



Black Beans



Mature Cheddar Cheese



Tomato Puree



Central American Style Spice Mix



Vegetable Stock Paste



Super Soft Tortillas with Whole Wheat



Red Wine Vinegar



Baby Leaf Mix



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

### + Add Diced Chorizo

If you chose to add diced chorizo, 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, garlic press, sieve, bowl, potato masher, grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Sweetcorn	160g	255g	340g
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	90g	120g
Tomato Puree	30g	45g	60g
Central American Style Spice Mix	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste	10g	15g	20g
Super Soft Tortillas with Whole Wheat 13)	4	6	8
Red Wine Vinegar 14)	12ml	18ml	24ml
Baby Leaf Mix**	20g	50g	50g
Diced Chorizo** 7)	90g	60g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>622g</b>	<b>100g</b>	<b>667g</b>	<b>100g</b>
Energy (kJ/kcal)	3561 / 851	572 / 137	4390 / 1049	658 / 157
Fat (g)	32.5	5.2	48.7	7.3
Sat. Fat (g)	9.3	1.5	15.4	2.3
Carbohydrate (g)	107.3	17.2	109.1	16.4
Sugars (g)	14.8	2.4	15.1	2.3
Protein (g)	30.6	4.9	41.9	6.3
Salt (g)	3.56	0.57	6.15	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites  
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.

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## Cook the Chips

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

Chop the **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, 30-35 mins. Turn halfway through.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve and pop into a bowl.



## Bake the Quesadillas

Remove the pan from the heat, then stir through the **cheese**. Taste and season with **salt** and **pepper** if needed.

Lay the **tortillas** onto a large baking tray and spoon the **filling** onto one half of each one. Fold the other side over to make a semi-circle. Press down to keep together.

Drizzle a little **oil** over the top, then bake on the top shelf of your oven until golden, 8-12 mins.



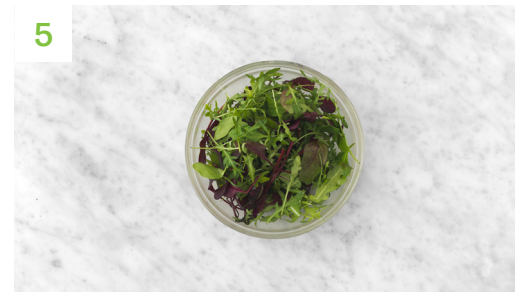
## Char the Corn

Drain and rinse the **black beans** in the sieve and pop **half** of them into another medium bowl. Crush the **black beans** in the bowl using a potato masher or the back of a fork. Grate the **cheese**.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

### + Add Diced Chorizo

Add the **chorizo** to the pan with the **corn**. Fry for the same amount of time.



## Salad Time

Meanwhile, in a large bowl, combine the **red wine vinegar** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper** and mix to combine.

When the **quesadillas** are ready, add the **salad leaves** to the **dressing**. Toss to combine. **TIP:** Don't add the leaves too early or they'll go soggy.



## Make the Filling

Once the **corn** is charred, add the **black beans** (whole and mashed), **tomato puree**, **Central American style spice mix** and **garlic** to the pan. Season with **salt** and **pepper**, stir well and cook for 1 min.

Add the **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for amount). Stir together, then simmer until thickened, 3-4 mins.



## Serve

Divide your **quesadillas** between your plates.

Serve with the **chips** and **salad**. Add the **mayonnaise** alongside to finish (see pantry for amount).

## Enjoy!