

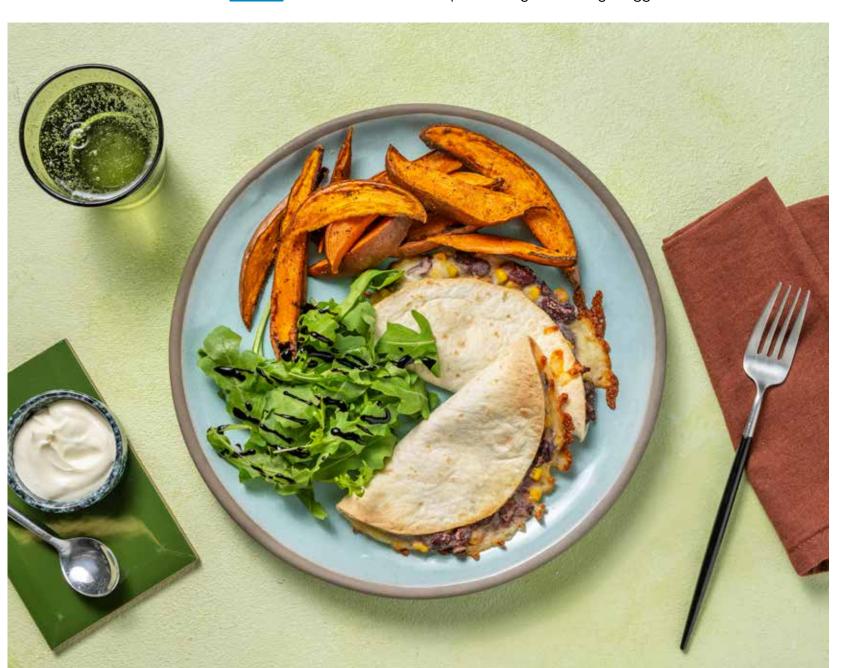
Cheesy Bean Quesadillas

with Sweet Potato Wedges and Balsamic Rocket Salad

Classic

35-40 Minutes • Mild Spice • 4 of your 5 a day • Veggie











Sweet Potato





Cajun Blackening



Vegetable Stock Paste





Sweetcorn

Mature Cheddar Cheese



Plain Taco Tortilla



Rocket



Balsamic Glaze



Soured Cream

Pantry Items Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, potato masher, sieve, grater and

Ingredients

Ingredients	2P	3P	4P	
Sweet Potato	2	3	4	
Red Kidney Beans	1 carton	1½ cartons	2 cartons	
Cajun Blackening 9)	1 sachet	1 sachet	2 sachets	
Vegetable Stock Paste 10)	10g	15g	20g	
Sweetcorn	150g	260g	326g	
Mature Cheddar Cheese** 7)	60g	90g	120g	
Plain Taco Tortilla 13)	4	6	8	
Rocket**	40g	60g	80g	
Balsamic Glaze 14)	12ml	12ml	24ml	
Soured Cream** 7)	75g	120g	150g	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	613g	100g
Energy (kJ/kcal)	3438 /822	561/134
Fat (g)	23.1	3.8
Sat. Fat (g)	12.8	2.1
Carbohydrate (g)	115.1	18.8
Sugars (g)	29.2	4.8
Protein (g)	32.1	5.2
Salt (g)	3.57	0.58

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

Allergens

7) Milk 9) Mustard 10) Celery 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, milk, egg, mustard, celery, soya, 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.

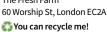
Contact

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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Cook 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 them 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 middle shelf until golden, 25-35 mins. Turn halfway through.



Prep the Bean Filling

Pop the kidney beans and their water into a saucepan, then crush them using a potato masher or the back of a fork. Stir in the Cajun blackening and veg stock paste.

Pop the pan on medium-high heat and cook, stirring, until thickened, 6-8 mins. Taste and season with **salt** and **pepper** if needed.



Bring on the Sweetcorn

Meanwhile, drain and rinse the sweetcorn in a sieve. Grate the cheese.

When the **beans** are cooked and thickened, stir in the sweetcorn.



Make your Quesadillas

Lay the tortillas (2 per person) onto a lightly oiled baking tray and spoon the bean filling onto one half of each one. 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 one, then bake on the top shelf of your oven until golden, 8-12 mins.



Dress the Rocket

When the wedges and quesadillas are nearly cooked, pop the rocket into a small bowl. Drizzle with a little **olive oil** and toss to coat.



Serve

Share the **quesadillas** and **wedges** between your plates.

Serve the **rocket** alongside drizzled with the balsamic glaze. Add a dollop of soured cream for dipping.

Enjoy!