



Cheesy Bean Quesadillas

with Sweet Potato Wedges and Balsamic Rocket Salad

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

43



Sweet Potato



Red Kidney Beans



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 bowl.

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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	613g 3438 /822	100g 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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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.



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.



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.



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.



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**.



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!