



Cheesy Chipotle Bean Quesadillas with Avocado, Tomato and Rocket Salad

Rapid 20 Minutes • Medium Spice • 2 of your 5 a day

19



Cannellini Beans



Spring Onion



Cheddar Cheese



Chipotle Paste



Tomato Puree



Super Soft Tortilla with Whole Wheat



Avocado



Baby Plum Tomatoes



Balsamic Vinegar



Rocket



Diced Chorizo



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Potato Masher, Grater, Frying Pan, Spatula, Aluminum Foil.

Ingredients

	2P	3P	4P
Cannellini Beans	1 carton	1½ cartons	2 cartons
Spring Onion**	2	3	4
Cheddar Cheese** 7)	60g	90g	120g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Avocado**	1	2	2
Baby Plum Tomatoes**	125g	190g	250g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsps	2 tbsps
Rocket**	40g	60g	80g
Diced Chorizo**	60g	90g	120g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	446g	100g
Energy (kJ/kcal)	2834/677	636/152
Fat (g)	37	8
Sat. Fat (g)	13	3
Carbohydrate (g)	59	13
Sugars (g)	8	2
Protein (g)	23	5
Salt (g)	1.91	0.43
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	476g	100g
Energy (kJ/kcal)	3312/792	697/167
Fat (g)	47	10
Sat. Fat (g)	17	4
Carbohydrate (g)	59	12
Sugars (g)	8	2
Protein (g)	30	6
Salt (g)	3.36	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Get Prepped

a) Drain and rinse the **cannellini beans**. Pop into a bowl and roughly mash with the back of a fork or a potato masher.

b) Trim and thinly slice the **spring onions**. Grate the **cheese**.

c) Add the **spring onion, cheese, chipotle paste** and **tomato puree** to the **beans**.

d) Season with **salt, pepper** and a pinch of **sugar**. Mix well.



Avocado Time

a) While the **quesadillas** are frying, slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides onto a board.

b) Roughly chop the **avocado**.

c) Halve the **tomatoes**.



Make the Quesadillas

a) Lay the **tortillas** out on a board.

b) Spread a little of the **bean mix** over **half** of each, leaving a small border round the edge, then fold the **tortillas** in half to make half moon shapes.

c) Heat a drizzle of **oil** in a large frying pan on medium-high heat.



Dress the Salad

a) In a large bowl, combine the **balsamic vinegar** with the **olive oil** (see ingredients for amount).

b) Season with **salt** and **pepper**.

c) Add the **rocket, tomatoes** and **avocado** and toss gently.



Cook the Quesadillas

a) When hot, carefully lay the **quesadillas** in the pan. Fry until golden, 2 mins each side. Turn carefully.

b) Lightly press down on the **quesadillas** with a spatula to ensure they stick together and brown nicely. **TIP:** You may have to do this in batches, adding a little more oil to the pan each time.

c) Once cooked, just cover the **quesadillas** with foil to keep warm.



Finish and Serve

a) Serve the **quesadillas** alongside plenty of **rocket salad**.

Enjoy!