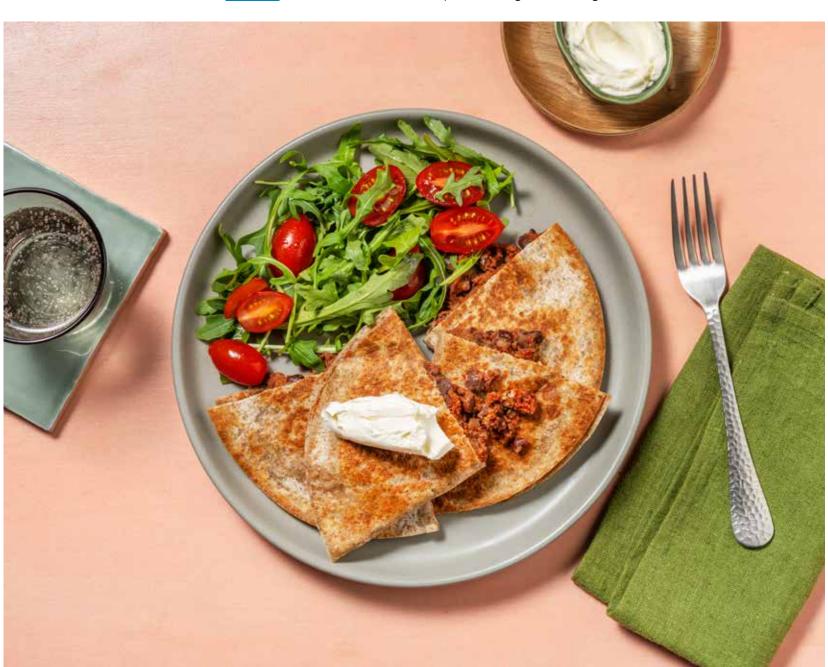


Cheesy Chipotle Bean Quesadillas

with Tomato & Rocket Salad and Soured Cream

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









Mixed Beans

Mature Cheddar Cheese



Chipotle Paste



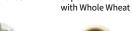
Ground Cumin





Tomato Puree







Baby Plum Tomatoes



Balsamic Vinegar



Rocket



Soured Cream



Pantry Items

Oil, Salt, Pepper, Olive Oil

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.

Happy cooking!

Before you start

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

Cooking tools

Sieve, bowl, grater, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P			
Mixed Beans	1 carton	1%cartons	2 cartons			
Mature Cheddar Cheese** 7)	60g	90g	120g			
Chipotle Paste	20g	30g	40g			
Ground Cumin	1 sachet	1 sachet	2 sachets			
Tomato Puree	30g	45g	60g			
Super Soft Tortilla with Whole Wheat 13)	4	6	8			
Baby Plum Tomatoes	125g	190g	250g			
Balsamic Vinegar 14)	12ml	12ml	24ml			
Rocket**	40g	60g	80g			
Soured Cream** 7)	75g	120g	150g			
Chorizo**	90g	120g	180g			
Pantry	2P	3P	4P			
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp			
*Not Included **Store in the Fridge						

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	Custom Recipe			
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	364g	100g	364g	100g
Energy (kJ/kcal)	2423 /579	666/159	2423 /579	666 /159
Fat (g)	28.2	7.8	28.2	7.8
Sat. Fat (g)	12.5	3.4	12.5	3.4
Carbohydrate (g)	51.6	14.2	51.6	14.2
Sugars (g)	9.7	2.7	9.7	2.7
Protein (g)	24.5	6.7	24.5	6.7
Salt (g)	1.53	0.42	1.53	0.42

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, 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







Get Prepped

- a) Drain and rinse the mixed beans in a sieve. Pop into a bowl and roughly mash with the back of a fork or a potato masher.
- **b)** Grate the **cheese**.

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, heat a large frying pan on medium-high heat (no oil). Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins. Once browned, add to the mashed beans, then continue as instructed.



Mix the Bean Filling

- a) Add the cheese, chipotle paste, ground cumin and tomato puree to the beans (add less chipotle if you'd prefer things milder).
- b) Season with salt, pepper and a pinch of sugar (if you have any). Mix well.



Make your Quesadillas

- a) Lay the tortillas (2 per person) onto a board and spoon the **bean mixture** onto one half of each one.
- **b)** Fold the other side of the **tortilla** over to make a semi-circle. Press down to keep together.
- c) Heat a drizzle of oil in a large frying pan on medium-high heat.



Time to Fru

- a) When the pan is hot, carefully lay in the quesadillas. Fry until golden, 2 mins each side. Turn carefully and adjust the heat as needed. TIP: You may have to do this in batches, adding a little more oil to the pan each time.
- **b)** Lightly press down on the **quesadillas** with a spatula to ensure they stick together and brown nicely.
- c) Once cooked, transfer the quesadillas to a plate and cover with foil to keep warm.



Dress the Tomatoes

- a) Meanwhile, halve the tomatoes.
- **b)** In a large bowl, mix together the **balsamic** vinegar and olive oil for the dressing (see pantry for amount).
- c) Season with salt and pepper, then add the tomatoes.
- d) Toss gently and set aside.



Finish and Serve

- a) When the quesadillas are ready, share between your plates.
- b) Add the rocket to the dressing bowl and toss together with the tomatoes.
- c) Serve your cheesy chipotle quesadillas with the rocket salad and a dollop of soured cream.

Enjoy!