



Cheesy Chipotle Bean Quesadillas with Tomato & Rocket Salad and Soured Cream

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

41



Mixed Beans



Mature Cheddar Cheese



Chipotle Paste



Ground Cumin



Tomato Puree



Super Soft Tortilla with Whole Wheat



Baby Plum Tomatoes



Balsamic Vinegar



Rocket



Soured Cream



Chorizo

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	1½ 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

Nutrition

Typical Values	Custom Recipe			
	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, soy, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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.



Time to Fry

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.



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.



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.



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.



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!