



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

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day • Veggie

18



Mixed Beans



Spring Onion



Mature Cheddar  
Cheese



Chipotle Paste



Ground Cumin



Tomato Puree



Super Soft Tortilla  
with Whole Wheat



Baby Plum  
Tomatoes



Balsamic Vinegar



Rocket



Soured Cream

**Pantry Items**  
Olive Oil

## Before you start

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

## Cooking tools

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

## Ingredients

	2P	3P	4P
Mixed Beans	1 carton	1½ cartons	2 cartons
Spring Onion**	2	3	4
Mature Cheddar Cheese** 7)	60g	90g	120g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Baby Plum Tomatoes	125g	190g	250g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	60g	80g
Soured Cream** 7)	75g	120g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	379g	100g
Energy (kJ/kcal)	2391/571	631/151
Fat (g)	27.8	7.4
Sat. Fat (g)	13.5	3.6
Carbohydrate (g)	49.6	13.1
Sugars (g)	10.8	2.9
Protein (g)	24.1	6.4
Salt (g)	1.77	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

## 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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## 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)** Trim and thinly slice the **spring onions**.

**c)** Grate the **cheese**.



## Mix the Filling

**a)** Add the **spring onion, cheese, chipotle paste, ground cumin** and **tomato puree** to the **beans** (add less **chipotle** if you don't like heat).

**b)** Season with **salt, pepper** and a pinch of **sugar** (if you have any). Mix well.



## Make the Quesadillas

**a)** Lay the **tortillas** (2 per person) onto a board and spoon the **bean mix** onto one half of each one.

**b)** Fold the other side 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 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.

**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, cover the **quesadillas** with foil to keep warm.



## Dress the Salad

**a)** While the **quesadillas** cook, halve the **tomatoes**.

**b)** In a large bowl, mix together the **balsamic vinegar** and **olive oil for the dressing** (see ingredients 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 **quesadillas** with the **rocket salad** and a dollop of **soured cream** alongside.

## Enjoy!