

# Cheesy Sweet Potato Quesadillas

with Rocket Salad and Soured Cream

Classic

40-45 Minutes • Mild Spice • 4 of your 5 a day • Veggie







**Sweet Potato** 







Black Beans



Mature Cheddar





Tomato Puree







Vegetable Stock Paste

Plain Taco Tortilla



Rocket



Soured Cream

# 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, sieve, bowl, grater and frying pan.

### Ingredients

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Ingredients	2P	3P	4P	
Sweet Potato	1	2	2	
Medium Tomato	1	2	2	
Black Beans	1 carton	1½ cartons	2 cartons	
Mature Cheddar Cheese** <b>7</b> )	90g	120g	180g	
Tomato Puree	30g	60g	60g	
Mexican Style Spice Mix	1 pot	2 pots	2 pots	
Vegetable Stock Paste <b>10</b> )	10g	15g	20g	
Plain Taco Tortilla <b>13)</b>	6	9	12	
Rocket**	40g	60g	80g	
Soured Cream** 7)	75g	150g	150g	
Pantry	2P	3P	4P	
Water for the Beans*	150ml	225ml	300ml	
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp	
*Notice to deal **Common to the Friday				

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

### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	526g	100g
Energy (kJ/kcal)	3611/863	687/164
Fat (g)	33.1	6.3
Sat. Fat (g)	17.0	3.2
Carbohydrate (g)	102.1	19.4
Sugars (g)	18.2	3.5
Protein (g)	34.3	6.5
Salt (g)	4.09	0.78

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

# Allergens

7) Milk 10) Celery 13) Cereals containing gluten

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.

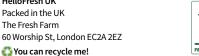
### Contact

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#### HelloFresh UK

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### Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the sweet potatoes into 1cm chunks (no

need to peel) - you want them to be small so they cook quickly.

Pop the **sweet potato** 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 top shelf until tender and golden, 15-20 mins. Turn halfway through.



# **Get Prepped**

Meanwhile, cut the tomato into 1cm pieces.

Drain and rinse the **black beans** in a sieve, then pop **half** of them into a bowl and roughly mash with a fork.

Grate the Cheddar.



### Cook the Beans

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, stir in the tomato puree and Mexican style spice mix and cook for 1 min.

Mix in the **black beans** (whole and mashed), **veg** stock paste and water for the beans (see pantry for amount), then season with salt and pepper.

Simmer, stirring occasionally, until all the liquid has evaporated, 8-10 mins.

Taste and season again if needed, then remove from the heat.



# Bake your Quesadillas

Once cooked, mix the roasted sweet potatoes into the beans.

Lightly oil the (now empty) baking tray and lay on the tortillas (3 per person). Spoon the bean filling onto one half of each one and top with the grated cheese.

Fold the other side over to make a semi-circle. Press down to keep together.

Rub each with a little oil, then bake on the top shelf of your oven until golden, 8-12 mins.



# Make the Salad

While the quesadillas bake, add the tomatoes and olive oil for the dressing (see pantry for amount) to a medium bowl.

Season with salt and pepper, then mix well to combine.

Just before serving, add the rocket to the dressing and toss well to coat.



### Serve

Once the **quesadillas** are cooked, transfer to your plates. Cut in half before serving if you'd like.

Serve with a dollop of soured cream on top and the **salad** alongside.

# Enjoy!