



Cheesy Sweet Potato Quesadillas with Rocket Salad and Soured Cream

44

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



Sweet Potato



Medium Tomato



Black Beans



Mature Cheddar
Cheese



Tomato Puree



Mexican Style
Spice Mix



Vegetable Stock
Paste



Plain Taco Tortilla



Rocket



Soured Cream

Pantry Items
Oil, Salt, Pepper, Olive Oil

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

| 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** 7) | 90g | 120g | 180g |
| Tomato Puree | 30g | 60g | 60g |
| Mexican Style Spice Mix | 1 pot | 2 pots | 2 pots |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Plain Taco Tortilla 13) | 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 |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|------------------|-----------------|
| Energy (kJ/kcal) | 526g 3611/863 | 100g 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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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.



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.



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**.



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.



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.



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!