

# Pulled Chipotle Chicken and Chorizo Quesadillas with Sweet Potato Chips, Avocado & Tomato Salsa and Soured Cream

**Street Food** 35-45 Minutes • Mild Spice • 5 of your 5 a day



Garlic Clove



Chicken Thigh



Chipotle Paste



Chorizo



Sweet Potato



Avocado



Lime



Baby Plum Tomatoes



Mature Cheddar  
Cheese



Plain Taco Tortilla



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

Garlic press, baking tray, fine grater, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Chicken Thigh**	3	4	6
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Chorizo**	90g	120g	180g
Sweet Potato	2	3	4
Avocado	1	2	2
Lime**	½	1	1
Baby Plum Tomatoes	125g	120g	160g
Mature Cheddar Cheese** 7)	90g	135g	180g
Plain Taco Tortilla 13)	4	6	8
Soured Cream** 7)	75g	120g	150g

Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	766g 5908/1412	100g 771/184
Fat (g)	83.3	10.9
Sat. Fat (g)	30.6	4.0
Carbohydrate (g)	99.7	13.0
Sugars (g)	21.5	2.9
Protein (g)	66.2	8.6
Salt (g)	4.77	0.62

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

## Allergens

7) Milk 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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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Peel and grate the **garlic** (or use a garlic press).

Lay the **chicken thighs** flat onto a baking tray.  
Drizzle with **oil**, season with **salt** and **pepper**, then add the **chipotle paste** and **garlic**. Mix to coat well.

When the oven is hot, roast on the middle shelf until browned and cooked through, 16-18 mins.

When the **chicken** has 5 mins left, add the **chorizo** to the tray to cook for the remaining time.  
**IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



## Make your Quesadillas

Once cooked, remove the **chicken** from the oven and use two forks to shred it as finely as you can.  
Mix everything on the tray together well.

Lay the **tortillas** (2 per person) onto a board and spoon the **chicken mixture** onto one **half** of each one. Top with the **cheese**.

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



## Prep the Veg

Meanwhile, chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, then chop into chunks.

Halve the **lime** and **baby plum tomatoes**. Grate the **cheese**.



## Time to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

When hot, carefully lay in the **quesadillas** and fry until golden, 2-3 mins each side. Turn carefully and adjust the heat as needed.

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.



## Chips and Salsa Time

Pop the **sweet potato chips** 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.

Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through.

Meanwhile, add the **avocado**, **tomato** and **olive oil for the salsa** (see pantry for amount) to a medium bowl. Squeeze in the **juice** of the **lime**, then season well. Mix together, then set your **salsa** aside.



## Serve

When everything is ready, transfer the **quesadillas** to your plates.

Serve with the **sweet potato chips**, **avocado salsa** and a dollop of **soured cream** alongside.

Cut any remaining **lime** into **wedges** for squeezing over.

## Enjoy!