



Two Cheese Tortizzas

with Sweet Potato Chips and Rocket Salad

23

Calorie Smart 30-40 Minutes • 2 of your 5 a day • Veggie • Under 600 Calories



Sweet Potato



Bell Pepper



Mature Cheddar
Cheese



Red Leicester



Garlic Clove



Sliced Mushrooms



Apple Cider
Vinegar



Tomato Puree



Plain Taco
Tortilla



Rocket

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

Baking tray, grater, frying pan, bowl and grater.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Bell Pepper***	1	2	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Red Leicester** 7)	30g	45g	60g
Garlic Clove**	1	2	2
Sliced Mushrooms**	180g	240g	360g
Apple Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	½ tbsp	½ tbsp	1 tbsp
Tomato Puree	2 sachets	3 sachets	4 sachets
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Plain Taco Tortilla 13)	4	6	8
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	2492/596	527/126
Fat (g)	24	5
Sat. Fat (g)	13	3
Carbohydrate (g)	73	15
Sugars (g)	16	3
Protein (g)	20	4
Salt (g)	1.46	0.31

Nutrition for uncooked ingredients based on 2 person recipe. PersonalPoints™ values based on low-cal cooking spray oil.

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.

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60 Worship St, London EC2A 2EZ

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Chop the Chips

Preheat your oven to 200°C. Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the **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. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Get Prepped

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Grate the **Cheddar** and **Red Leicester**. Peel and grate the **garlic** (or use a garlic press).



Cook the Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **pepper** and season with **salt** and **pepper**. Stir-fry until soft, 5-6 mins. Add the **mushrooms** and season again, then stir-fry until browned, 7-8 mins. **TIP:** Do this in batches if your pan is small - you want the mushrooms to fry, not stew. Once the **veg** is cooked, stir in the **garlic** and cook for 1 min more. Remove from the heat and set aside.



Mix it Up

Meanwhile, put the **cider vinegar** and **olive oil for the dressing** (see ingredients for amount) into a large bowl. Season with **salt** and **pepper**, then mix together. Set the dressing aside. In another small bowl, combine the **tomato puree** and **water for the sauce** (see ingredients for amount).



Tortizza Time

Arrange your **tortillas** (2 per person) on a baking tray and cover with the **tomato puree mix**, leaving a 1cm border around the edge. Share the **mushrooms** and **peppers** between the **tortillas**, then top with the **grated cheeses**. Bake the **tortizzas** in the oven until golden and the **cheese** is bubbly, 7-8 mins.



Finish and Serve

Add the **rocket** to the bowl of **dressing** and toss together. When the **tortizzas** are ready, transfer them to your plates and serve with the **sweet potato chips** and **salad** alongside.

Enjoy!

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