

Two Cheese Tortizzas

with Sweet Potato Chips and Rocket Salad



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













Bell Pepper



Mature Cheddar



Cheese







Sliced Mushrooms

Garlic Clove





Apple Cider Vinegar



Tomato Puree



Plain Taco Tortilla



Rocket

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

3. 5				
	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 quarantee you get the best quality pepper.

Nutrition

Per servina	Per 100g
473g	100g
2492 /596	527 /126
24	5
13	3
73	15
16	3
20	4
1.46	0.31
	2492/596 24 13 73 16 20

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

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

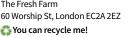
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Chop the Chips

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.

Enjou!



17-21

