



18

Cheesy Chipotle Bean Quesadillas

with Tomato & Rocket Salad and Soured Cream

Quick • 20 Minutes • Medium Spice • 2 of your 5 a day



Mixed Beans



Mature Cheddar Cheese



Chipotle Paste



Central American Style Spice Mix



Tomato Puree



Super Soft Tortillas with Whole Wheat



Baby Plum Tomatoes



Balsamic Vinegar



Wild Rocket



Soured Cream



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Sieve, bowl, grater, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Mixed Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	40g	60g	80g
Chipotle Paste	20g	30g	40g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Super Soft Tortillas with Whole Wheat 13)	4	6	8
Baby Plum Tomatoes	125g	190g	250g
Balsamic Vinegar 14)	12ml	12ml	24ml
Wild Rocket**	20g	40g	60g
Soured Cream** 7)	75g	120g	150g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
353g	100g	398g	100g	
Energy (kJ/kcal)	2354 / 563	666 / 159	3183 / 761	799 / 191
Fat (g)	24.7	7.0	40.9	10.3
Sat. Fat (g)	10.4	2.9	16.4	4.1
Carbohydrate (g)	57.7	16.3	59.1	14.8
Sugars (g)	15.8	4.5	16.0	4.0
Protein (g)	22.1	6.3	33.4	8.4
Salt (g)	2.18	0.62	4.77	1.20

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Get Prepped

- Drain and rinse the **mixed beans** in a sieve. Pop into a bowl and roughly mash with the back of a fork or a potato masher.
- Grate the **Cheddar cheese**.



Mix the Bean Filling

- Add the **cheese**, **chipotle paste** (add less if you'd prefer things milder), **Central American style spice mix**, **tomato puree** and **honey** (see pantry for amount) to the **beans**.
- Season with **salt** and **pepper**. Mix well.



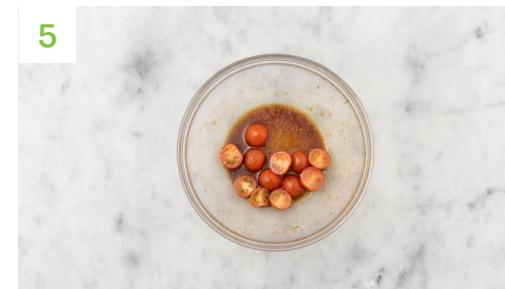
Make your Quesadillas

- Lay the **tortillas** (2 per person) onto a board and spoon the **bean mixture** onto one **half** of each one.
- Fold the other side of the **tortilla** over to make a semi-circle. Press down to keep together.
- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.



Time to Fry

- When the **oil** is hot, carefully lay in the **quesadillas**. Fry until golden, 2 mins each side. Turn carefully and adjust the heat as needed. **TIP:** You may have to do this in batches, adding a little more oil to the pan each time.
- Lightly press down on the **quesadillas** with a spatula to ensure they stick together and brown nicely.
- Once cooked, transfer the **quesadillas** to a plate and cover with foil to keep warm.



Dress the Tomatoes

- Meanwhile, halve the **tomatoes**.
- In a large bowl, mix together the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount).
- Season with **salt** and **pepper**, then add the **tomatoes**.
- Toss gently and set aside.



Finish and Serve

- When the **quesadillas** are ready, share between your plates.
- Add the **rocket** to the bowl of **dressing** and toss together with the **tomatoes**.
- Serve your **cheesy chipotle quesadillas** with the **rocket salad** and a dollop of **soured cream**.

Enjoy!