



Smoky Mushroom Quesadillas

with Oven-Baked Wedges, Pickled Onion and Baby Leaf Salad

Calorie Smart 35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie

23



Potatoes



Red Onion



Sliced Mushrooms



Garlic Clove



Cider Vinegar



Mature Cheddar Cheese



Central American Style Spice Mix



Smoky Base Paste



Plain Taco Tortillas



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Honey, Olive Oil

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

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion	1	1½	2
Sliced Mushrooms**	240g	360g	480g
Garlic Clove**	2	3	4
Cider Vinegar 14)	15ml	22ml	30ml
Mature Cheddar Cheese** 7)	70g	110g	140g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Plain Taco Tortillas 13)	4	6	8
Baby Leaf Mix**	20g	50g	50g
Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	590g	100g
Energy (kJ/kcal)	2598/621	441/105
Fat (g)	16.3	2.8
Sat. Fat (g)	9.2	1.6
Carbohydrate (g)	98.3	16.7
Sugars (g)	18.9	3.2
Protein (g)	22.2	3.8
Salt (g)	2.60	0.44

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, mollusc, 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.

Contact

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Cook the Wedges

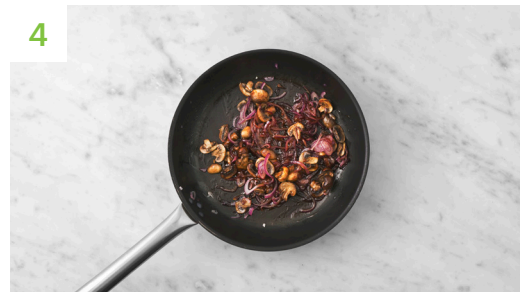
Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** 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, 25-35 mins. Turn halfway through.



Build the Flavour

Once the **mushrooms** have browned, stir the **garlic** and **Central American style spice mix** into the frying pan and fry until fragrant, 1 min.

Stir in the **smoky base paste** and **water for the sauce** (see pantry for amount). Simmer until thickened, 2-3 mins.

Stir in the **honey** (see pantry for amount). Season with **salt** and **pepper**.



Get Frying

Meanwhile, halve, peel and thinly slice the **red onion**.

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

Once hot, add **half** the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Halfway through cooking, increase the heat to medium-high and add the **mushrooms** to the pan. Fry until browned, 5-6 mins.



Bake your Quesadillas

Lay the **tortillas** (2 per person) onto a lightly oiled large baking tray and spoon the **smoky mushrooms** 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.

Rub a little **oil** over the top of each one, then bake on the middle shelf of your oven until golden, 8-12 mins.

Add a drizzle of **olive oil** and the **baby leaves** to the **pickled onion** and toss together.

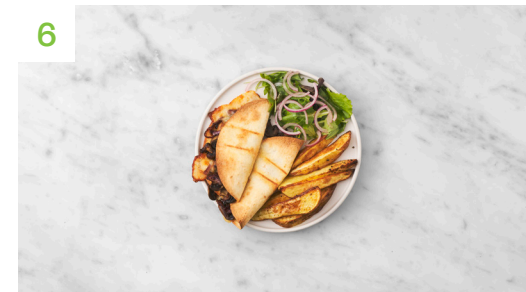


Finish Prepping

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a medium bowl, combine the **cider vinegar** with the **sugar for the pickle** (see pantry for amount). Season with **salt** and **pepper**. Add the remaining **sliced onion** to the bowl and toss in the **pickling liquid**. Set aside to pickle.

Grate the **cheese**.



Serve

Share the **quesadillas** between your serving plates.

Serve the **wedges** and **pickled onion salad** alongside.

Enjoy!