

CAPRESE QUESADILLAS

with Avocado and Rocket Salad





Avocados mature on the tree but only ripen once picked.











Whole Wheat Soft Tortillas







Black Olives







Baslamic Vinegar

Rocket



Walnuts

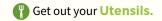






Like a Caprese salad, our quesadilla recipe features sliced fresh mozzarella and tomatoes. But, unlike the salad, we've opted for green pesto over basil leaves for a more intense flavour. Perfect for when you're desperately hungry and don't feel like cooking for hours, these can be whipped up in just 15 minutes. Serve with a side salad which combines walnuts, olives and avocado for a fresh and satisfyingly simple dinner treat.







PREP

- a) Drain the mozzarella and roughly tear into bite-size pieces.
- b) Slice half the tomatoes into thin slices.
- c) Roughly chop the other half into small pieces.

4 AVOCADO TIME

a) While the quesadillas are frying, slice

lengthways into the avocado. Once you

reach the stone turn the avocado around

to cut it in half. Twist each half and pull it

apart. Remove the stone then scoop out

the insides onto a board. Roughly chop.



2 MAKE THE QUESADILLAS

- a) Lay the tortillas out on a board. Spread a little pesto over one half of each, leaving a small border round the edge, then top half of each tortilla with the mozzarella and sliced tomatoes (see picture).
- b) Season with a pinch of salt and pepper, then fold the tortillas in half to make half moon shapes.
- c) Heat a drizzle of oil in a large frying pan on medium-high heat.



3 COOK THE QUESADILLAS

- a) When hot, carefully lay the quesadillas in the pan and fry until golden and the cheese has melted, about 2 mins each side, turning carefully.
- b) Lightly press down on the tortillas 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 - just cover the cooked quesadillas with foil to keep warm.



5 DRESS THE SALAD

- a) In a large bowl, combine the **balsamic vinegar** with the **olive oil** (see ingredients for amount) and a pinch of salt and pepper.
- b) Add the rocket, chopped tomatoes, olives, walnuts and avocado and toss gently.



6 SERVE

a) Serve the Caprese quesadillas alongside plenty of rocket salad.

Enjoy!

INGREDIENTS

| | 2P | 3P | 4P |
|-----------------------------------|----------------|----------------|----------------|
| Mozzarella 7) 🗱 | 1 ball | 1½ balls | 2 balls |
| Vine Tomatoes | 2 | 3 | 4 |
| Whole Wheat Soft Tortillas 13) | 4 | 6 | 8 |
| Pesto 2) 7) | 1 pot | 1½ pots | 2 pots |
| Avocado 🌞 | 1 | 1½ | 2 |
| Black Olives * | 1 pack | 1½ packs | 2 packs |
| Baslamic Vinegar 14) | 1 sachet | 1½ sachets | 2 sachets |
| Olive Oil* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Rocket * | 1 bag | 1½ bags | 2 bags |
| Walnuts 2) | 1 small bag | ¾ large bag | 1 large bag |

*Not Included * Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 388G | PER 100G |
|-----------------------------------|---------------------|-------------|
| Energy (kJ/kcal) | 3337 /798 | 860 /206 |
| Fat (g) | 53 | 14 |
| Sat. Fat (g) | 16 | 4 |
| Carbohydrate (g) | 48 | 12 |
| Sugars (g) | 7 | 2 |
| Protein (g) | 26 | 7 |
| Salt (g) | 2.72 | 0.70 |
| | | |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk

Packed in the UK

FSC MIX

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