



CAPRESE QUESADILLAS

with Avocado and Rocket Salad



HELLO AVOCADO

Avocados mature on the tree but only ripen once picked.



Mozzarella



Vine Tomatoes



Whole Wheat Soft Tortillas



Pesto



Avocado



Black Olives



Balsamic Vinegar



Rocket



Walnuts

MEAL BAG

15 mins

2 of your 5 a day

Rapid recipe

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.

GET **PREPARED!**

Get out your **Utensils.**

16

BEFORE YOU START

- Get out your **Utensils**
- Wash the veggies.
- Make sure you've got a **Large Frying Pan**. Let's get cooking the **Caprese Quesadillas with Avocado and Rocket Salad**.



1 PREP

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



2 MAKE THE QUESADILLAS

- 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).
- Season with a pinch of **salt** and **pepper**, then fold the **tortillas** in half to make half moon shapes.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.



3 COOK THE QUESADILLAS

- 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.
- 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.



4 AVOCADO TIME

- 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.
- Roughly chop the **olives**.



5 DRESS THE SALAD

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



6 SERVE

- Serve the **Caprese quesadillas** alongside plenty of **rocket salad**.

Enjoy!

2 - 4 PEOPLE INGREDIENTS

In order of use

	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
Basilic 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?

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