

Caprese Quesadillas and Wedges with Tomato and Pea Shoot Salad

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Potatoes



Dried Oregano



Mature Cheddar
Cheese



Medium Tomato



Balsamic Glaze



Plain Taco
Tortilla



Tomato Puree



Fresh Pesto



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, grater and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|----------|----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Dried Oregano | 1 sachet | 1 sachet | 2 sachets |
| Mature Cheddar Cheese** 7) | 140g | 180g | 280g |
| Medium Tomato | 1 | 1½ | 2 |
| Balsamic Glaze 14) | 12ml | 18ml | 24ml |
| Plain Taco Tortilla 13) | 4 | 6 | 8 |
| Tomato Puree | 60g | 90g | 120g |
| Fresh Pesto** 7) | 32g | 50g | 64g |
| Pea Shoots** | 40g | 40g | 40g |

| Pantry | 2P | 3P | 4P |
|-----------------------------|--------|---------|--------|
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Mayonnaise* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 3756 /898 | 738 /176 |
| Fat (g) | 47.9 | 9.4 |
| Sat. Fat (g) | 19.2 | 3.8 |
| Carbohydrate (g) | 87.2 | 17.2 |
| Sugars (g) | 13.8 | 2.7 |
| Protein (g) | 29.9 | 5.9 |
| Salt (g) | 2.96 | 0.59 |

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, 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.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Roast 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**, sprinkle over the **dried oregano**, 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.



Bake the Quesadillas

When the **wedges** have about 8-12 mins left, rub a little **oil** over the top of each **quesadilla**, then, bake on the middle shelf of your oven until golden, 8-12 mins.



Prep the Tomatoes

Meanwhile, grate the **Cheddar**.

Cut the **tomato** into 1cm chunks. Pop the **tomato chunks** into a bowl with the **balsamic glaze** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper** and mix together, set aside.



Toss the Salad

Just before serving, add the **pea shoots** to the **tomatoes** and toss to coat well in the **dressing**.



Assemble the Quesadillas

Lay the **tortillas** (2 per person) onto a lightly oiled baking tray and spread the **tomato puree** onto one **half** of each one.

Spread the other **half** with **pesto** and sprinkle over the **cheese**.

Fold the other side over to make a semi-circle.
Press down to keep together.



Finish and Serve

Share the **Caprese quesadillas** and **wedges** between your plates.

Serve the **pea shoot salad** and **mayo** (see pantry for amount) alongside.

Enjoy!