



# Charred Corn and Cheddar Quesadillas

with Avocado and Tomato Salad and Zesty Soured Cream

Classic 35 Minutes • 2.5 of your 5 a day • Veggie

20



Onion



Garlic Clove



Sweetcorn



Black Beans



Cheddar Cheese



Central American  
Style Spice Mix



Vegetable  
Stock Powder



Wholemeal  
Tortilla



Lime



Baby Plum  
Tomatoes



Avocado



Soured Cream

## Before you start Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Sieve, Bowl, Frying Pan and Measuring Jug.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Sweetcorn	1 tin	¾ tin	1 tin
Black Beans	1 carton	1½ carton	2 cartons
Cheddar Cheese 7)**	60g	90g	120g
Central American Style Spice Mix	1 pot	1½ pot	2 pots
Water*	75ml	100ml	150ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Wholemeal Tortilla 13)	4	6	8
Lime	½	1	1
Baby Plum Tomatoes	125g	190g	250g
Avocado**	1	1½	2
Soured Cream 7)**	75g	100g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	578g	100g
Energy (kJ/kcal)	3383 /808	550 /131
Fat (g)	40	6
Sat. Fat (g)	15	2
Carbohydrate (g)	79	13
Sugars (g)	16	3
Protein (g)	28	5
Salt (g)	4.11	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**, peel and grate the **garlic** (or use a **garlic press**). Drain the **sweetcorn** in a sieve and pop in a bowl. Drain and rinse the **black beans** and pop **half** of them in a bowl. Mash them in the bowl with a fork until broken up. Grate the **Cheddar cheese**.



## Start Cooking

Heat a large frying pan on high heat (no oil). When hot, add the **sweetcorn** and season with **salt** and **pepper**. Dry fry until the **sweetcorn** is starting to char nicely, 5-6 mins. Only stir twice in this time to allow it to colour. Once the **sweetcorn** is charred, spoon it into a bowl and set aside. Wash your pan (you'll need it again in a minute).



## Make the Filling

Pop your frying pan back on the heat and reduce to medium-high heat. Add a drizzle of **oil**, then pop in the **onion** and fry until soft and golden, 4-5 mins. Stir occasionally. Once soft, add the **corn**, **black beans** (whole and mashed), Central American **spice** and **garlic**. Season with **salt** and **pepper**, stir well and cook for 1 minute. Pour in the **water** (see ingredients for amount) and add the **vegetable stock powder**. Stir together, bring to a simmer and cook until the **water** has evaporated, 4-5 mins.



## Make the Quesadillas

Remove the pan from the heat, stir in the **cheese** and add **salt** and **pepper** if you feel it needs it. Lay your **tortillas** on a board (2 per person). Divide your **mixture** between them, spooning it onto 1 half of the **tortilla** only. Fold the other side over so you have a semi-circle. Press down slightly to keep it together. Transfer to a 1 or 2 lightly oiled baking trays. Drizzle over a little **oil**, bake on the top shelf of your oven until golden, 8-12 mins.



## Salad Time

Meanwhile zest, then halve the **lime**. Halve the **tomatoes**. Squeeze the **lime juice** into a large bowl, add a drizzle of **oil** and mix. Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to halve it. Twist each half, pull it apart. Remove the stone then scoop out the insides onto a board. Chop into 2cm chunks. Add the **tomato** and **avo** to the **dressing** along with a pinch of **salt** and **pepper**. Mix and set aside.



## Finish and Serve

Put the **soured cream** in a bowl and add the **lime zest** and a pinch of **salt** and **pepper**. Mix together. Remove the **quesadillas** from the oven, pop on a board and halve them. Serve on plates with the **avocado tomato salad** alongside and a dollop of **cream**.

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.