



Cheesy Bean Quesadillas

with Sweet Potato Wedges & Balsamic Glazed Rocket Salad

Classic 30 Minutes • Little Spice • 1 of your 5 a day • Veggie

17



Sweet Potato



Kidney Beans



Sweetcorn



Monterey Jack
Cheese



Chipotle Paste



Tortilla



Rocket



Balsamic Glaze



Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Sieve, Bowl, Potato Masher and Grater.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Kidney Beans**	1 carton	1½ cartons	2 cartons
Sweetcorn	150g	260g	326g
Monterey Jack Cheese** 7)	60g	90g	120g
Chipotle Paste	1 sachet	2 sachets	2 sachets
Tortilla 13)	4	6	8
Rocket**	40g	60g	80g
Balsamic Glaze 14)	1 sachet	1 sachet	2 sachets
Soured Cream** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	3408 / 815	553 / 132
Fat (g)	24	4
Sat. Fat (g)	13	2
Carbohydrate (g)	114	19
Sugars (g)	26	4
Protein (g)	24	4
Salt (g)	2.28	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

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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You can recycle me!



1



Cook the Wedges

Preheat your oven to 200°C. Chop the **sweet 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 middle shelf until golden, 25-30 mins. Turn halfway through.

4



Take it Easy

Whilst the **quesadillas** and **wedges** bake, have a little tidy or put your feet up.

2



Prep the Mix

Drain and rinse the **kidney beans** in a sieve. Pop the **beans** into a large bowl and crush them with a potato masher or the back of a fork. Drain and rinse the **sweetcorn** and add into the bowl with the **beans**. Grate the **Monterey Jack** and pop it into the bowl along with the **chipotle paste**. Season to taste with **salt** and **pepper** and mix well until combined.

5



Dress the Rocket

When the **wedges** and **quesadillas** are nearly cooked, pop the **rocket** into a small bowl and drizzle with a little **olive oil**. Mix well to dress.

3



Make the Quesadillas

Lay the **tortillas** out on a board. Spread a little of the **bean mix** over half of each, leaving a small border round the edge, then fold the **tortillas** in half to make half moon shapes. Pop each **quesadilla** onto a baking tray, drizzle with **oil** and bake on the top shelf of your oven until golden and crisp and the **cheese** has melted, 10-12 mins.

6



Time to Serve

Share the **quesadillas** and **wedges** between your plates. Share the **rocket** alongside and drizzle over the **balsamic glaze**. Dollop the **soured cream** on the side for dipping.

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.