



# Cheesy Bean Quesadillas

with Sweet Potato Wedges and Balsamic Rocket Salad

**Classic** 40 Minutes • Mild Spice • 1 of your 5 a day • Veggie

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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 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
Plain Taco 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	611g	100g
Energy (kJ/kcal)	3391/810	555/133
Fat (g)	24	4
Sat. Fat (g)	13	2
Carbohydrate (g)	113	19
Sugars (g)	25	4
Protein (g)	24	4
Salt (g)	2.19	0.36

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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## 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, 25-35 mins. Turn halfway through.



## Take it Easy

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



## Prep the Filling

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 to 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.



## 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.



## Make the Quesadillas

Lay the **tortillas** onto a baking tray and spoon the **bean filling** onto one half of each one. Fold the other side over to make a semi-circle. Press down to keep together. Drizzle a little **oil** over the top, then bake on the top shelf of your oven until golden, 8-12 mins.



## Time to Serve

Share the **quesadillas** and **wedges** between your plates (2 per person). Share the **rocket** alongside and drizzle over the **balsamic glaze**. Serve 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.