



Cheesy Charred Corn and Pepper Quesadillas

with Zesty Soured Cream and Radish Salad

17

Rapid 20 Minutes • 2 of your 5 a day • Veggie



Sweetcorn



Green Pepper



Mature Cheddar
Cheese



Greek Style Salad
Cheese



Lime



Central American
Style Spice Mix



Plain Taco Tortilla



Radish



Soured Cream



Rocket

Pantry Items
Sugar, Olive Oil

Before you start

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

Cooking tools

Sieve, frying pan, coarse grater, fine grater, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	150g	260g	326g
Green Pepper**	1	2	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Greek Style Salad Cheese** 7)	50g	100g	100g
Lime**	1	1	1
Central American Style Spice Mix	2 sachets	2 sachets	4 sachets
Plain Taco Tortilla 13)	4	6	8
Radish**	100g	150g	200g
Soured Cream** 7)	50g	75g	100g
Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	425g	100g
Energy (kJ/kcal)	2413 /577	567 /136
Fat (g)	28.1	6.6
Sat. Fat (g)	15.6	3.7
Carbohydrate (g)	58.1	13.7
Sugars (g)	14.5	3.4
Protein (g)	21.5	5.0
Salt (g)	2.46	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

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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Char the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Drain the **sweetcorn** in a sieve. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **pepper** and **corn**. Fry until softened and starting to char, 5-6 mins. Stir only twice during this time.



Radish Salad Time

- While the **quesadillas** bake, trim and quarter the **radishes**.
- In another medium bowl, mix together the **sugar** and **olive oil for the dressing** (see ingredients for both amounts) with a squeeze of **lime juice**. Season with **salt** and **pepper**.
- Add the **radishes** to the **dressing** and set aside until serving.



Mix the Filling

- Meanwhile, grate the **Cheddar cheese**. Crumble the **Greek style salad cheese**. Zest and halve the **lime**.
- Once the **veg** is cooked, remove from the heat and stir through the **Central American style spice mix**.
- Add the **spiced veg**, both **cheeses** and **half** the **lime zest** to a medium bowl. Mix together well.
- Taste and season with **salt** and **pepper** if needed.



Zest It Up

- In a small bowl, mix together the **soured cream** and remaining **lime zest**.
- Taste and season if needed.



Make your Quesadillas

- Lay the **tortillas** (2 per person) onto a baking tray and spoon the **cheesy veg filling** onto one half of each one.
- Fold the other side over to make a semi-circle. Press down to keep together.
- Rub a little **oil** over the top of each one, then bake on the top shelf of your oven until golden, 5-7 mins.



Finish and Serve

- When the **quesadillas** are ready, add the **rocket** to the **radish** bowl and toss to coat in the dressing.
- Plate up your **quesadillas** with the **radish salad** alongside.
- Dollop on the **zesty soured cream** to finish.

Enjoy!