



Cheesy Chipotle Bean Quesadillas

with Avocado, Tomato and Rocket Salad

RAPID 15 Minutes • Medium Heat • 3 of your 5 a day • Veggie



Mixed Beans



Spring Onion



Cheddar Cheese



Chipotle Paste



Tomato Puree



Whole Wheat Soft Tortillas



Avocado



Baby Plum Tomatoes



Balsamic Vinegar



Rocket

Before you start

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

Basic cooking tools you will need:

Sieve, Potato Masher, Coarse Grater and Large Frying Pan.

Ingredients

	2P	3P	4P
Mixed Beans	1 carton	1½ cartons	2 cartons
Spring Onion**	2	3	4
Cheddar Cheese 7)**	2 block	3 blocks	4 blocks
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Whole Wheat Soft Tortillas 13)	4	6	8
Avocado**	1	1½	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Basilic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	478g	100g
Energy (kJ/kcal)	2787 /666	583 /139
Fat (g)	33	7
Sat. Fat (g)	11	2
Carbohydrate (g)	57	12
Sugars (g)	10	2
Protein (g)	28	6
Salt (g)	2.61	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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

You can recycle me!



Packed in the UK



1. Prep

a) Drain and rinse the **mixed beans**. Pop into a bowl and roughly mash with the back of a fork or a potato masher.

b) Trim the **spring onions** then slice thinly. Grate the **Cheddar cheese**.

c) Add the **spring onion, cheese, chipotle paste and tomato puree** to the **beans**.

d) Season with **salt, pepper** and a pinch of **sugar**. Mix well.



4. Avocado Time

a) While the quesadillas are frying, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides onto a board.

b) Roughly chop the **avocado**.

c) Halve the **tomatoes**.



2. Make the Quesadillas

a) Lay the **tortillas** out on a board.

b) 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.

c) Heat a drizzle of **oil** in a large frying pan on medium-high heat.



5. Dress the Salad

a) In a large bowl, combine the **balsamic vinegar** with the **olive oil** (see ingredients for amount).

b) Season with **salt** and **pepper**.

c) Add the **rocket, tomatoes and avocado** and toss gently.



3. Cook the Quesadillas

a) When hot, carefully lay the **quesadillas** in the pan. Fry until golden, 2 mins each side. Turn carefully.

b) Lightly press down on the **tortillas** with a spatula to ensure they stick together and brown nicely. **TIP:** You may have to do this in batches, adding a little more oil to the pan each time - just cover the cooked quesadillas with foil to keep warm.



6. Serve

a) Serve the **quesadillas** alongside plenty of **rocket salad**.

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.