

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



Soft Tortillas







Baslamic 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
Baslamic 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.

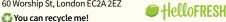
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Packed in the UK

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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.



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.



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.



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.



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.



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.