



# Cheesy Pepper and Mushroom Tortizzas

with Sweet Potato Chips and Rocket Salad

23

Calorie Smart 30-40 Minutes • 2 of your 5 a day • Under 650 Calories



Sweet Potato



Bell Pepper



Garlic Clove



Double Gloucester



Sliced Mushrooms



Red Wine Vinegar



Tomato Puree



Plain Taco Tortilla



Rocket

Pantry Items  
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

Baking tray, garlic press, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Double Gloucester** 7)	60g	90g	120g
Sliced Mushrooms**	80g	120g	160g
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Tomato Puree	2 sachets	3 sachets	4 sachets
Plain Taco Tortilla 13)	4	6	8
Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	½ tbsp	½ tbsp	1 tbsp
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	532g	100g
Energy (kJ/kcal)	2675 /639	503 /120
Fat (g)	16.0	3.0
Sat. Fat (g)	8.2	1.5
Carbohydrate (g)	99.9	18.8
Sugars (g)	24.4	4.6
Protein (g)	18.4	3.5
Salt (g)	1.52	0.29

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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.

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## Contact

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## Chop the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop 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 top shelf until golden, 25-30 mins. Turn halfway through.



## Mix it Up

Meanwhile, put the **red wine vinegar** and **olive oil for the dressing** (see ingredients for amount) into a large bowl. Season with **salt** and **pepper**, then mix together. Set the **dressing** aside.

In another small bowl, combine the **tomato puree** and **water for the sauce** (see ingredients for amount).

Scan to get your exact PersonalPoints™ value



## Get Prepped

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).

Grate the **cheese**.



## Tortizza Time

Arrange your **tortillas** (2 per person) on a large baking tray and cover with the **tomato puree mix**, leaving a 1cm border around the edge.

Share the **mushrooms** and **peppers** between the **tortillas**, then top with the **cheese**.

Bake the **tortizzas** in the oven until golden and the **cheese** is bubbly, 7-8 mins.



## Cook the Veg

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

Once hot, add the **pepper** and season with **salt** and **pepper**. Stir-fry until soft, 5-6 mins.

Add the **mushrooms** and season again, then stir-fry until browned, 7-8 mins. **TIP:** Do this in batches if your pan is small - you want the mushrooms to fry, not stew.

Once the **veg** is cooked, stir in the **garlic** and cook for 1 min more. Remove from the heat and set aside.



## Finish and Serve

Add the **rocket** to the bowl of **dressing** and toss together.

When the **tortizzas** are ready, transfer them to your plates and serve with the **sweet potato chips** and **salad** alongside.

**Enjoy!**