



Cheesy Sweet Potato Quesadillas with Rocket Salad

Classic 40 Minutes • Little Spice • 2 of your 5 a day

19



Sweet Potato



Onion



Medium Tomato



Black Beans



Feta Cheese



Cheddar Cheese



Apple Cider Vinegar



Mexican Style Spice Mix



Tomato Puree



Vegetable Stock Paste



Tortilla



Rocket



Chorizo



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools, you will need:

Baking Tray, Frying Pan, Grater and Medium Bowl.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Onion	1	1	2
Medium Tomato**	1	2	2
Black Beans	1 cartons	1 ½ cartons	2 cartons
Feta Cheese** 7)	100g	150g	200g
Cheddar Cheese** 7)	30g	45g	60g
Apple Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Beans*	150ml	225ml	300ml
Tortilla 13)	6	9	12
Olive Oil for the Dressing	1 tbsp	2 tbsp	2 tbsp
Rocket**	40g	60g	80g
Chorizo**	60g	90g	120g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	533g	100g
Energy (kJ/kcal)	3457/826	625/149
Fat (g)	32	6
Sat. Fat (g)	17	3
Carbohydrate (g)	102	19
Sugars (g)	15	3
Protein (g)	27	5
Salt (g)	3.73	0.67

	Per serving	Per 100g
Custom Recipe		
for uncooked ingredient	583g	100g
Energy (kJ/kcal)	3935/940	675/161
Fat (g)	41	7
Sat. Fat (g)	20	3
Carbohydrate (g)	103	18
Sugars (g)	15	3
Protein (g)	35	6
Salt (g)	5.18	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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.

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Get Prepped

Preheat your oven to 200°C. Chop the **sweet potatoes** into 1cm chunks (no need to peel).

TIP: You want the chunks to be small so they cook quickly. Halve, peel and chop the onion into small pieces. Chop the tomatoes into 1cm pieces. Drain and rinse the **black beans** in a sieve, then pop half of them into a bowl and mash with a fork until all broken up. Crumble the **feta** into small pieces. Grate the **Cheddar**.



Roast the Sweet Potato

Pop the **sweet potato** chunks onto a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary. Once your oven is hot, roast on the top shelf until tender and golden, 15-20 mins. Turn halfway through.



Cook the Beans

Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 5-6 mins, stirring frequently. Pour in **half** the **cider vinegar**, stir, and let evaporate fully. Add the **Mexican style spice mix** and **tomato puree**, stir and cook for 1 min. Stir in the **black beans** (both whole and broken up), **vegetable stock paste** and **water** (see ingredients for amount). Season with **salt** and **pepper**. Simmer gently until all the **water** has evaporated, 8-10 mins, stirring occasionally. Season with **salt** and **pepper** if needed. Remove from the heat.



CUSTOM RECIPE

If you've added **chorizo** to your recipe, before you add your **onion** to your pan in the step above, add the **chorizo** and stir fry until it starts to brown, 2-3 mins. Add the **onion** to the **chorizo** and continue with the recipe as instructed.



Bake

Mix the **cooked sweet potatoes** into the **beans**. Lay one of your **tortillas** on the now-empty baking tray and spoon some of the **bean mixture** onto one half of the **tortilla**. Top with some **feta** and **grated cheese**. Fold the other side over so you have a semi-circle. Press down to keep it together. Repeat with the other **tortillas** - use three per person. Drizzle a little more **oil** over the top, then bake on the top shelf of your oven until golden, 8-12 mins.



Make the Salad

Meanwhile, pour the **olive oil** (see ingredients for amount) into a medium bowl. Add the remaining **vinegar** and season with **salt** and **pepper**, mixing well to combine. Just before serving, add the **rocket** and **tomato** to the dressing and toss well to coat.



Finish and Serve

Once the **quesadillas** are cooked, remove them from your oven and serve them on plates (cut them in half before serving if you want). Serve the **quesadillas** with the **salad** alongside.

Enjoy!