



# Cheesy Sweet Potato Quesadillas with Rocket Salad and Creme Fraiche

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**Classic** 40-45 Minutes • Mild Spice • 1 of your 5 a day • Veggie



-  Sweet Potato
-  Medium Tomato
-  Red Kidney Beans
-  Greek Style Salad Cheese
-  Mature Cheddar Cheese
-  Tomato Puree
-  Mexican Style Spice Mix
-  Cider Vinegar
-  Vegetable Stock Paste
-  Plain Taco Tortilla
-  Rocket
-  Creme Fraiche

**Pantry Items**  
Water, 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, sieve, bowl, grater, frying pan, measuring jug and baking tray.

## Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Medium Tomato	1	2	2
Red Kidney Beans	1 carton	2 cartons	2 cartons
Greek Style Salad Cheese** 7)	100g	150g	200g
Mature Cheddar Cheese** 7)	30g	45g	60g
Tomato Puree	1 sachet	2 sachets	2 sachets
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Beans*	150ml	225ml	300ml
Plain Taco Tortilla 13)	6	9	12
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Rocket**	40g	60g	80g
Crema Fraiche** 7)	75g	150g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	3741 /894	673 /161
Fat (g)	41	7
Sat. Fat (g)	23	4
Carbohydrate (g)	96	17
Sugars (g)	14	3
Protein (g)	28	5
Salt (g)	3.94	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 13) 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.

## Contact

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## Roast the Sweet Potato

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. Pop the **sweet potato chunks** 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. Once your oven is hot, roast on the top shelf until tender and golden, 15-20 mins. Turn halfway through.



## Bake your Quesadillas

Once cooked, mix the **roasted sweet potatoes** into the **beans**. Lay the **tortillas** on the (now empty) baking tray and spoon the **bean filling** onto one half of each one. Top with the **Greek style salad cheese** and **grated Cheddar**. Fold the other side over to make a semi-circle. Press down to keep together. Drizzle a little **oil** over the top, then bake on the top shelf of your oven until golden, 8-12 mins.



## Get Prepped

Meanwhile, chop the **tomato** into 1cm pieces. Drain and rinse the **kidney beans** in a sieve, then pop **half** of them into a bowl and roughly mash with a fork. Crumble the **Greek style salad cheese** into small pieces. Grate the **Cheddar**.



## Make the Salad

While the **quesadillas** bake, add the **olive oil for the dressing** (see ingredients for amount) and remaining **cider vinegar** to a medium bowl. Season with **salt** and **pepper**, then mix well to combine. Just before serving, add the **rocket** and **tomatoes** to the **dressing** and toss well to coat.



## Cook the Beans

Heat a drizzle of **oil** in a large frying pan on medium heat. Add the **tomato puree** and **Mexican style spice mix**, then stir and cook for 1 min. Stir in **half** the **cider vinegar** and let it evaporate fully. Mix in the **kidney beans** (both whole and mashed), **veg stock paste** and **water for the beans** (see ingredients for amount), then season with **salt** and **pepper**. Simmer until all the **water** has evaporated, 8-10 mins, stirring occasionally. Taste and season again if needed, then remove from the heat.



## Finish and Serve

Once the **quesadillas** are cooked, transfer to your plates (cut them in half before serving if you'd like). Serve (3 per person) with a dollop of **crema fraiche** on top and the **salad** alongside.

Enjoy!