



Cheesy Sweet Potato Quesadillas with Rocket Salad and Soured Cream

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

19



Sweet Potato



Medium Tomato



Black Beans



Mature Cheddar
Cheese



Tomato Puree



Mexican Style
Spice Mix



Vegetable Stock
Paste



Plain Taco
Tortilla



Rocket



Soured Cream



Diced Chorizo

Pantry Items
Olive Oil

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!
Wash your hands before and after prep.

Cooking tools

Baking tray, sieve, bowl, fine grater and frying pan.

Ingredients

	2P	3P	4P
Sweet Potato	1	2	2
Medium Tomato	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	90g	135g	180g
Tomato Puree	1 sachet	2 sachets	2 sachets
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Plain Taco Tortilla 13)	6	9	12
Rocket**	40g	60g	80g
Soured Cream** 7)	75g	150g	150g
Diced Chorizo**	60g	90g	120g

Pantry	2P	3P	4P
Water for the Beans*	150ml	225ml	300ml
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	497g	100g
Energy (kJ/kcal)	3499 /836	704 /168
Fat (g)	34.7	7.0
Sat. Fat (g)	17.4	3.5
Carbohydrate (g)	94.5	19.0
Sugars (g)	15.8	3.2
Protein (g)	28.6	5.8
Salt (g)	3.91	0.79

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	3977 /950	755 /180
Fat (g)	44.0	8.3
Sat. Fat (g)	20.7	3.9
Carbohydrate (g)	94.7	18.0
Sugars (g)	16.0	3.0
Protein (g)	36.1	6.9
Salt (g)	5.37	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

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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Roast the Sweet Potato

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

Chop the **sweet potatoes** into 1cm chunks (no need to peel) - you want them to be small so they cook quickly.

Pop the **sweet potato** 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 tender and golden, 15-20 mins. Turn halfway through.



Get Prepped

Meanwhile, chop the **tomato** into 1cm pieces.

Drain and rinse the **black beans** in a sieve, then pop **half** of them into a bowl and roughly mash with a fork.

Grate the **Cheddar**.



Cook the Beans

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **tomato puree** and **Mexican style spice mix**, then stir and cook for 1 min.

Mix in the **black beans** (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.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, heat your frying pan without any oil. Once hot, add the **chorizo** and fry until it starts to brown, 2-3 mins. Then stir in the **tomato puree** and **Mexican style spice mix** and continue as instructed.



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 **grated cheese**.

Fold the other side over to make a semi-circle. Press down to keep together.

Rub each with a little **oil**, then bake on the top shelf of your oven until golden, 8-12 mins.



Make the Salad

While the **quesadillas** bake, add the **tomatoes** and **olive oil for the dressing** (see ingredients for amount) to a medium bowl.

Season with **salt** and **pepper**, then mix well to combine.

Just before serving, add the **rocket** to the **dressing** and toss well to coat.



Serve

Once the **quesadillas** are cooked, transfer to your plates (3 per person). Cut in half before serving if you'd like.

Serve with a dollop of **soured cream** on top and the **salad** alongside.

Enjoy!