



# CHICKEN QUESADILLAS

with Zesty Soured Cream



## HELLO HONEY

Bees collect nectar from approximately 2 million flowers and fly over 55,000 miles to make one pound of honey.



Diced Chicken Thigh



Red Pepper



Green Pepper



Honey



Mexican Spice



Mixed Beans



Tomato Purée



Cheddar Cheese



Plain Flour Soft Tortillas



Lime



Baby Gem Lettuce



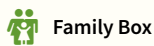
Vine Tomato



Soured Cream

MEAL BAG

Hands on: 30 mins  
Total: 45 mins



Family Box

4 of your  
5 a day

Medium heat

We've given classic cheese-filled quesadillas a little twist by packing them with smoky Mexican-spiced chicken, colourful peppers, and a tomatoey bean filled sauce. Oven-baked until the cheese is bubbling and golden, they work brilliantly with Chef Patrick's favourite sauce - zesty sour cream (trust us, it's a real game changer!). A fun recipe to make with the kids, serve up everything in the middle of your table and tuck in for a traditional communal style dinner. Buen provecho!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Frying Pan** (with a **Lid**), **Sieve**, **Coarse Grater**, **Baking Tray** and **Fine Grater**. Now, let's get cooking.



### 1 MARINATE THE CHICKEN

Preheat your oven to 200°C. Pop the **diced chicken** in a mixing bowl. Halve, then remove the cores from the **peppers** and thinly slice. Add these to the bowl with the **chicken**. Add **half the honey**, all the **Mexican spice** (add less if you prefer things mild) and a glug of **oil**. Season with **salt** and **black pepper** and mix well to combine.



### 2 FRY THE CHICKEN

Put a frying pan on high heat. When hot, add the **diced chicken**, **peppers** and any **marinade** left in the bowl. Lower the heat a little and fry, stirring occasionally, until the **chicken** is browned and the **peppers** starting to soften, 6-8 mins. **TIP:** You may need to do this in two batches if your pan isn't large enough. Meanwhile, drain and rinse the **mixed beans** in a sieve.



### 3 ADD THE BEANS

Turn the heat to medium-low, stir the **tomato purée** into the **chicken** and **peppers**, then add the **mixed beans**. Cover with a lid and cook, stirring occasionally, for a further 3-4 mins. Meanwhile, grate the **cheese**.



### 4 ASSEMBLE!

Lay a **tortilla** on a lightly-oiled baking tray (you may need two). Spoon some of the **chicken mixture** onto one half of the **tortilla**, sprinkle on a little **cheese**, then fold the other half of the **tortilla** over to enclose the filling (you should have a semicircle shape). Press down lightly so the **tortilla** stays put. Repeat with the other **tortillas** - you should have enough filling for two each.



### 5 BAKE

Drizzle a little **oil** over the **quesadillas**, then bake on the top shelf of your oven until browned, 8-10 mins. Zest then halve the **lime**. In a large bowl mix the remaining **honey**, a squeeze of **lime juice** and a glug of **oil**. Season with **salt** and **pepper**.



### 6 SERVE

Trim the root from the **lettuce** and thinly slice. Chop the **tomato** into 2cm chunks. Add the **lettuce** and **tomato** to the **dressing**, toss to coat. In a small bowl, mix the **soured cream** and **lime zest**. Serve the **quesadillas** with some **salad** alongside and drizzle with the **zesty soured cream**. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Chicken Thigh *	210g	350g	420g
Red Pepper *	1	1	1
Green Pepper *	½	1	1
Honey	1 sachet	1½ sachets	2 sachets
Mexican Spice	1 small pot	¾ large pot	1 large pot
Mixed Beans	½ carton	¾ carton	1 carton
Tomato Purée	½ sachet	¾ sachet	1 sachet
Cheddar Cheese 7) *	1 block	2 blocks	3 blocks
Plain Flour Soft Tortillas: 13)	4	6	8
Lime *	1	1	1
Baby Gem Lettuce *	1	1	1
Vine Tomato	2	2	2
Soured Cream 7) *	½ pouch	1 pouch	1 pouch

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 598G	PER 100G
Energy (kcal)	704	118
(kJ)	2943	493
Fat (g)	27	5
Sat. Fat (g)	11	2
Carbohydrate (g)	62	10
Sugars (g)	17	3
Protein (g)	48	8
Salt (g)	2.65	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

#### 👍 THUMBS UP OR THUMBS DOWN?

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