



Pesto and Roasted Veg 'Half Moon' Quesadillas with Cheddar and Baby Leaf Salad

21

LIGHTYEAR 35-40 Minutes • Veggie • 3 of your 5 a day



Sweet Potato



Bell Pepper



Mature Cheddar Cheese



Medium Tomato



Balsamic Vinegar



Carrot



Super Soft Tortilla with Whole Wheat



Fresh Pesto



Premium Baby Leaf Mix



Greek Style Natural Yoghurt

Pantry Items
Oil



To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

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Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, grater, bowl and peeler.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Bell Pepper***	1	2	2
Mature Cheddar Cheese** 7)	60g	90g	90g
Medium Tomato	2	3	4
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Carrot**	1	1	2
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Fresh Pesto** 7)	50g	75g	100g
Premium Baby Leaf Mix**	50g	75g	100g
Greek Style Natural Yoghurt** 7)	50g	75g	100g

*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	503g	100g
Energy (kJ/kcal)	2704/646	538/128
Fat (g)	29.4	5.9
Sat. Fat (g)	12.4	2.5
Carbohydrate (g)	73.2	14.6
Sugars (g)	21.1	4.2
Protein (g)	17.7	3.5
Salt (g)	2.30	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Get Set for Adventure

Preheat your oven to 240°C/220°C fan/gas mark 9. Chop the **sweet potatoes** into small 1cm chunks (peel first if you prefer). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** if you'd like, 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 and cooked through, 20-30 mins. Turn halfway through.



Hey Pesto!

Once the **sweet potato** and **pepper** are cooked, remove from the oven and transfer to a large bowl. Stir through the **fresh pesto**. Lay the **tortillas** (2 per person) onto the (now empty) baking tray and spoon the **pesto veg** onto one half of each one. Top with the **cheese**.



Prep Time

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Grate the **Cheddar**. Once the **sweet potato** has roasted for about 10 mins, add the **pepper** to the tray with a drizzle of **oil** and cook for the remaining time until soft and slightly charred, 12-15 mins.



Halfway to the Moon

Fold the other side of each **tortilla** over to make a '**half moon**' shape. Press down to keep together. Rub a little **oil** over the top of each one, then bake on the top shelf of your oven until golden, 8-12 mins.

Space Ranger Mission: The moon is made of cheese! Little space rangers can help make your 'half moon' quesadillas by adding the cheese and folding them together. If you eat your quesadillas carefully, you might also be able to spot some crescent moons too.



Start the Salad

While the **veg** roasts, cut the **tomatoes** into 1cm chunks. Pop them into a large bowl with a drizzle of **oil** and the **balsamic vinegar**. Season with **salt** and **pepper** if you'd like, mix well, then set aside. Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



A Lunar Landing

When everything is ready, add the **salad leaves** and **carrot ribbons** to the **tomato** bowl and toss together. Serve your '**half moon**' quesadillas on plates with the **salad** and a dollop of **yoghurt** alongside.

Enjoy!

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