



QUICKDRAW QUESADILLAS

with Tomato Salsa and Citrus Sour Cream



HELLO CORN

We think of corn as always being yellow but there are red, pink, black, purple and blue varieties too!



Red Onion



Garlic Clove



Coriander



Corn on the Cob



Cheddar Cheese



Mexican Spice



Smoked Paprika



Black Beans



Corn and Wheat Soft Tortilla



Vine Tomato



Baby Gem Lettuce



Lime



Olive Oil



Sour Cream

40 mins

Very Hot

5 of your 5 a day

Veggie

Our chef Victoria loves a quesadilla. Partly because they remind her of the months she spent exploring Mexico with not much more than a few Pesos in her pocket. Good times! But mainly because they are absurdly delicious. Whilst on her travels she would happily eat quesadillas twice a day and never tire of them. We're hoping you enjoy these beauties as much as she did. Buen provecho!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Coarse Grater**, **Frying Pan**, **Mixing Bowl**, **Colander** and **Potato Masher**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and finely chop the **red onion**. Peel and grate the **garlic** (or use a garlic press). Pick the **coriander leaves** from their **stalks**, roughly chop both but keep them separate. Place the **corn on the cob** upright on a chopping board and cut straight down one side. Continue cutting around the whole cob until all the **corn** is removed. Grate the **cheddar cheese**.



4 ASSEMBLE

To make the quesadillas, lay out the **tortillas** and divide the filling evenly between them. Spread it out over half of each **tortilla** then fold the other half over to make semicircular 'sandwiches'. Set them aside for a minute whilst you get on with the **salsa** and the **citrus sour cream**!



2 SPICE THINGS UP

Put a splash of **olive oil** in a frying pan on medium heat. Add three-quarters of the **onion** and cook until soft, 5 mins. Add the **garlic** and **coriander stalks** and cook for 1 minute more. Now, add the **Mexican spice** and **smoked paprika** and cook until fragrant, 2 mins. **★ TIP:** *If you're not keen on spice, don't add all the Mexican spice!* Taste and season with **salt** and **black pepper**, remove from the heat and transfer to a mixing bowl.



5 MAKE THE SALSA

Finely chop the **tomato** and **baby gem lettuce**, then combine with the remaining **onion** and **coriander leaves** in a small bowl. Zest and juice the **lime**. Add half the **lime juice** and the **olive oil** (amount specified in ingredient list) and season well with **salt** and **black pepper**. Put the **sour cream** in another small bowl and mix in the remaining **lime juice**. Season with **salt** and **black pepper** and add **lime zest** to taste.



3 MASH THE BEANS

Drain and rinse the **black beans** in a colander and add to the bowl. Mix to combine and roughly mash everything together with a potato masher or fork. Stir in half the **coriander leaves**, the **corn kernels** and the **cheese**. Taste to check the **seasoning** and add more **salt** and **black pepper** if needed.



6 FINISH AND SERVE

Wash and dry your frying pan and put it back on medium heat with a drizzle of **oil**. Fry two **quesadillas** at a time until golden brown, about 4 mins per side. Serve with the **salsa** and **sour cream** and let everyone help themselves. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion, chopped	1
Garlic Clove, grated	1
Coriander, chopped	1 bunch
Corn on the Cob	2
Cheddar Cheese, grated ⁷⁾	60g
Mexican Spice	1 tbspc
Smoked Paprika	1 tsp
Black Beans	1 tin
Corn and Wheat Soft Tortilla ¹⁾	4
Vine Tomato, chopped	2
Baby Gem Lettuce, chopped	½
Lime	1
Olive Oil*	1 tbspc
Sour Cream ⁷⁾	1 pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1006	112
(kJ)	4204	470
Fat (g)	45	5
Sat. Fat (g)	19	2
Carbohydrate (g)	102	11
Sugars (g)	30	3
Protein (g)	35	4
Salt (g)	4.45	0.5

ALLERGENS

1)Gluten 7)Milk

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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