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## Quickdraw Quesadillas with Crunchy Tomato Salsa

Our chef Victoria LOVES quesadillas. Why? Because they are D-E-L-I-C-I-O-U-S with a capital D. They also remind her of the time when she hopped off to Mexico for a few months with a couple of Mexican Pesos in her pocket and not much else. She would often eat quesadillas twice a day for weeks on end, and never tire of them! We're hoping you enjoy these tasty Mexican beauties as much as her - provecho!



30 mins



spicy



veggie



5 of your 5 a day



Red Onion (1)



Garlic Clove (1)



Coriander (1 bunch)



Corn on the Cob (2)



Cheddar Cheese (60g)



Mexican Spice (1 tbsp)



Smoked Paprika (1 tsp)



Organic Black Beans (1 tin)



Corn Tortilla (4)



Vine Tomato (2)



Baby Gem Lettuce (½)



Lime (1)



Sour Cream (1 pot)


## 2 PEOPLE INGREDIENTS

- Red Onion, chopped **1**
- Garlic Clove, chopped **1**
- Coriander, chopped **1 bunch**
- Corn on the Cob **2**
- Cheddar Cheese **60g**
- Mexican Spice **1 tbsp**
- Smoked Paprika **1 tsp**
- Organic Black Beans **1 tin**
- Corn Tortilla **4**
- Vine Tomato **2**
- Baby Gem Lettuce, chopped **½**
- Lime **1**
- Sour Cream **1 pot**

**Allergens:** Gluten, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	813 kcal / 3180 kJ	32 g	16 g	92 g	16 g	41 g	3 g
<b>Per 100g</b>	99 kcal / 385 kJ	4 g	2 g	11 g	2 g	5 g	0 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Although we usually associate corn with the colour yellow, it actually comes in a whole host of different colours, including red, pink, black, purple and blue!

1



**1** Peel the **red onion**, cut in half through the root and finely chop. Peel and finely chop the **garlic** (or use a garlic press if you have one!). Separate the **coriander** leaves from the stalks, roughly chop both and keep separately for later. Using a large sharp knife remove the **corn kernels** (see photo). Grate the **cheddar cheese**.

3



**2** Heat a splash of **olive oil** in a large frying pan on medium heat. Add three-quarters of your **red onion** and cook over medium heat for 4 mins until soft. Add the **garlic** and **coriander stalks** and cook for another minute. Now add the **Mexican spice** and **smoked paprika** and cook for a further minute. Taste and season with **salt** and a good grind of **pepper**, then remove from the heat and transfer your **mixture** to a large mixing bowl. Wipe your frying pan with a kitchen towel.

**3** Drain and rinse the **black beans** and add to your large mixing bowl. Roughly mash everything together. Stir in your **corn kernels**, **cheese** and half your **coriander leaves**. Taste to check the seasoning and add more **salt** and **pepper** if needed.

4



**4** To make the **quesadillas**, lay out the **corn tortillas** and share your **mixture** evenly between them, spreading it on half of your **tortilla** only. Fold over each **tortilla** to make semicircles and set-aside whilst you get on with the salsa and the citrus sour cream!

**5** For the crunchy tomato salsa, finely chop the **tomato** and **baby gem**, then combine with your remaining **red onion** and **coriander leaves** in a small bowl. Zest and juice the **lime**. Add half your **lime juice**, a good glug of **olive oil** (don't be shy!) and season well with **salt** and **pepper**.

**6** For the citrus sour cream, mix together the **sour cream** with your remaining **lime juice** and season with **salt** and **pepper**. Taste and add some **lime zest** to your liking.

7



**7** Heat your large frying pan with a splash of **olive oil** and fry each **quesadilla** until golden-brown on each side. **Tip:** *If you have a big enough pan, fry two at once to save some time!*

**8** Carefully cut your **quesadillas** into wedges and serve with your **crunchy tomato salsa** and **citrus sour cream** on the side. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!