



APR  
2016

## Roasted Vegetable Quesadillas

with Chipotle-Chili Mayo and Guacamole

In our book, quesadillas and guacamole are the ultimate comfort food. Stuffed with lightly caramelized asparagus and bell pepper, these quesadillas are indulgent yet wholesome. A secret layer of chipotle mayo will forever change the way you make quesadillas.



Asparagus



Red Bell Pepper



Dried Oregano



Flour Tortillas



Mayonnaise



Chipotle Chili Powder



Mozzarella



Avocado




Lime



Cilantro



Roma Tomato

Ingredients	2 People	4 People
Asparagus	6 oz	12 oz
Red Bell Pepper	1	2
Dried Oregano	1 t	2 t
Flour Tortillas	1) 4	8
Mayonnaise	3) 4) 1 T	2 T
Chipotle Chili Powder 	1 t	1 t
Mozzarella, shredded	2) 1 Cup	2 Cups
Avocado	1	2
Lime	1	1
Cilantro	¼ oz	½ oz
Roma Tomato	1	2
Olive Oil*	1t	2t

\*Not Included

### Allergens

- 1) Wheat
- 2) Milk
- 3) Eggs
- 4) Soy

### Tools

Baking sheet, 2 Small bowls, Large pan

Ruler

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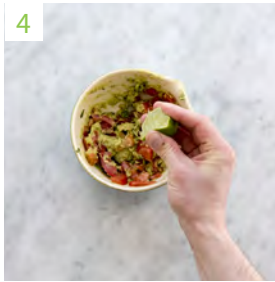
**Nutrition per person** Calories: 516 cal | Fat: 30 g | Sat. Fat: 7 g | Protein: 19 g | Carbs: 48 g | Sugar: 7 g | Sodium: 715 mg | Fiber: 10 g

2



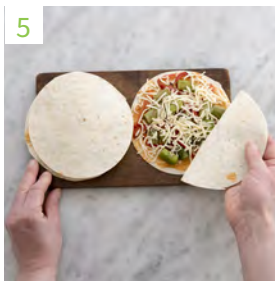
**1 Prep the ingredients: Wash and dry all produce.** Preheat the oven to 400 degrees. Core, seed, and thinly slice the **bell pepper**. Trim and discard the bottom inch from the **asparagus**, then cut into 2-inch pieces.

4



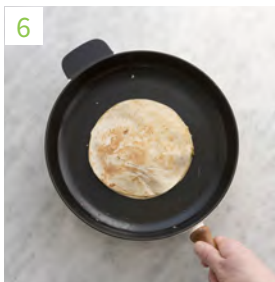
**2 Roast the vegetables:** Toss the **asparagus**, and sliced **bell pepper** on a baking sheet with a drizzle of **olive oil** and the **oregano**. Season with **salt** and **pepper** and roast for 12-15 minutes, tossing halfway through cooking, until softened and slightly caramelized.

5



**3 Make the guacamole:** Finely chop the **cilantro**. Core, seed, and dice the **tomato**. Halve the **lime**. Halve and pit the **avocado**. Scoop the flesh into a small bowl. Mash the avocado with a fork, then stir in the diced **tomato**, **cilantro**, and a squeeze of **lime juice**. Season with **salt** and **pepper**.

6



**4 Make the chipotle-chili mayo:** In another small bowl, mix together **1 Tablespoon mayonnaise** and a pinch of **chipotle chili powder**, to taste (start with a little and go up from there).

**5 Assemble the quesadillas:** Spread two **tortillas** with the **chipotle-chili mayo**, then top with the **roasted vegetables** and **mozzarella**. Top each with another tortilla. **TIP:** If you can't fit all the vegetables inside the quesadillas, you can serve the rest to the side.

**6 Cook the quesadillas:** Heat a large pan over medium heat. Add one **quesadilla** and cook until the underside browns and the **cheese** begins to melt, for 2-3 minutes. Flip onto the other side and cook for another 2-3 minutes, until browned and completely melted. Repeat with the second quesadilla. Slice the **roasted vegetable quesadillas** into wedges and serve with the **guacamole**. Enjoy!

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