



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 Peppers



Dried Oregano



Flour Tortillas



Mayonnaise



Chipotle Chili Powder



Mozzarella



Avocados



Lime




Cilantro



Roma Tomatoes

Ingredients

		4 People
Asparagus		12 oz
Red Bell Peppers		2
Dried Oregano		2 t
Flour Tortillas	1)	8
Mayonnaise	3) 4)	2 T
Chipotle Chili Powder 		1 t
Mozzarella, shredded	2)	2 Cups
Avocados		2
Lime		1
Cilantro		½ oz
Roma Tomatoes		2
Olive Oil*		3T

*Not Included

Allergens

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

Tools

1-2 Baking sheets, 2 Small bowls

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

Ruler

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1



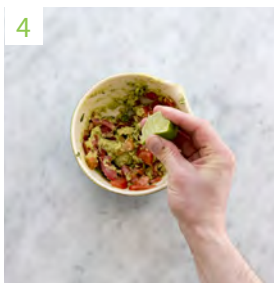
1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. Core, seed, and thinly slice the **bell peppers**. Trim and discard the bottom inch from the **asparagus**, then cut into 2-inch pieces.

2



2 Roast the vegetables: Toss the **asparagus** and sliced **bell peppers** 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.

4



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

5



4 Make the chipotle-chili mayo: In another small bowl, mix together **2 Tablespoons mayonnaise** and a pinch of **chipotle chili powder**, to taste (start with a little and go up from there, or leave it out for the kids).

5 Make the quesadillas: When the **vegetables** are done, remove them from oven and increase the temperature to 450 degrees. Drizzle one side of each **tortilla** with **olive oil**. Set the oil-side down on a baking sheet (you may need 2 baking sheets). Spread half the **tortillas** with the **chipotle-chili mayo**, then top with the **roasted vegetables** and **mozzarella**. Top each with another tortilla, oil-side up. Place in the oven for 3-5 minutes, flip the **quesadillas**, and cook for 3-5 minutes on the other side, until melted and crisp.

6 Plate: Slice the **roasted vegetable quesadillas** into wedges and serve with the **guacamole**. Enjoy!

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