



Charred Corn and Cheddar Quesadillas

with Avocado & Tomato Salad and Zesty Soured Cream

Classic 35 Minutes • Little Spice • 2 of your 5 a day

N° 6



Onion



Garlic Clove



Sweetcorn



Black Beans



Cheddar Cheese



Central American Style Spice Mix



Vegetable Stock Paste



Wholewheat Tortilla



Lime



Baby Plum Tomatoes



Avocado



Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Sieve, Bowl, Garlic Press, Grater, Frying Pan, Wooden Spoon, Measuring Jug, Zester, Baking Tray, Plate.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove	1	2	2
Sweetcorn	150g	245g	326g
Black Beans	1 carton	1½ cartons	2 cartons
Cheddar Cheese 7)**	90g	135g	180g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Beans*	75ml	100ml	150ml
Vegetable Stock Paste 10)	10g	15g	20g
Wholewheat Tortilla 13)	4	6	8
Lime**	½	1	1
Baby Plum Tomatoes	125g	190g	250g
Avocado**	1	1½	2
Soured Cream 7)**	75g	101g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	588g	100g
Energy (kJ/kcal)	3688 / 881	628 / 150
Fat (g)	48	8
Sat. Fat (g)	21	4
Carbohydrate (g)	77	13
Sugars (g)	13	2
Protein (g)	31	5
Salt (g)	3.37	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**, peel and grate the **garlic** (or use a garlic crusher). Drain the **sweetcorn** in a sieve and pop into a bowl. Drain and rinse the **black beans** and pop **half** of them into a bowl. Mash the **black beans** in the bowl with a fork until broken up. Grate the **cheese**.



Build the Quesadilla

Remove the pan from the heat, stir in the **cheese**, add **salt** and **pepper** if you feel it needs it. Lay your **tortillas** on a board (2 per person). Divide your **mixture** between them, spooning it onto **1 half** of the **tortilla** only. Fold the other side over so you have a semi-circle. Press down slightly to keep it together. Transfer to a 1 or 2 lightly oiled baking trays. Drizzle over a little **oil**, bake near the top of your oven until golden, 8-12 mins.



Char the Corn

Heat a large frying pan on high heat (no oil). When hot, add the **sweetcorn** and season with **salt** and **pepper**. Dry-fry until the **sweetcorn** is starting to char nicely, 5-6 mins. Only stir twice in this time to allow the **sweetcorn** to colour. Once the **sweetcorn** is charred, spoon it into a bowl and set aside. Wash your pan (you'll need it again in a minute).



Salad Time

Meanwhile, zest then halve the **lime**. Halve the **tomatoes**. Squeeze the **lime juice** into a large bowl, add a drizzle of **oil**. Mix. Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to halve it. Twist each half, pull it apart. Remove the stone then scoop out the insides onto a board. Chop into 2cm chunks. Add the **tomato** and **avocado** to the **dressing** along with a pinch of **salt** and **pepper**. Mix and set aside.



Make the Filling

Pop your frying pan back on the heat. Reduce to heat to medium-high heat, add a drizzle of **oil**. Add the **onion**, fry until soft and golden, 4-5 mins. Stir occasionally. Once soft, add the **corn**, **black beans** (whole and mashed), **Central American style spice mix** and **garlic**. Season with **salt** and **pepper**, stir well and cook for 1 minute. Pour in the **water** (see ingredients for amount) and add the **vegetable stock paste**. Stir together, bring to a simmer and cook until the **water** has evaporated, 4-5 mins.



Finish and Serve

Put the **soured cream** into a bowl and add the **lime zest** and a pinch of **salt** and **pepper**. Mix together. Remove the **quesadillas** from the oven, pop them onto a board and halve them. Serve on plates with the **avocado tomato salad** alongside and a dollop of **soured cream**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.