



Cheesy Chipotle Bean Quesadillas with Avocado, Tomato and Rocket Salad

Rapid 20 Minutes • Medium Spice • 2 of your 5 a day • Veggie

16



Mixed Beans



Spring Onion



Cheddar Cheese



Chipotle Paste



Tomato Purée



Whole Wheat Soft Tortillas



Avocado



Baby Plum Tomatoes



Balsamic Vinegar



Rocket

Before you start

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

Cooking tools, you will need:

Bowl, Potato Masher, Grater, Frying Pan, Spatula, Bowl.

Ingredients

	2P	3P	4P
Mixed Beans	1 carton	1½ cartons	2 cartons
Spring Onion**	2	3	4
Cheddar Cheese 7)**	60g	90g	120g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Whole Wheat Soft Tortillas 13)	4	6	8
Avocado**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	2928 /700	659 /157
Fat (g)	36	8
Sat. Fat (g)	11	3
Carbohydrate (g)	57	13
Sugars (g)	9	2
Protein (g)	28	6
Salt (g)	2.53	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

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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You can recycle me!



1 Prep

a) Drain and rinse the **mixed beans**. Pop into a bowl and roughly mash with the back of a fork or a potato masher.

b) Trim and thinly slice the **spring onions**.

c) Grate the **Cheddar cheese**.

d) Add the **spring onion, cheese, chipotle paste and tomato purée** to the **beans**. Season with **salt, pepper** and a pinch of **sugar**. Mix well.



4 Avocado Time

a) While the **quesadillas** are frying, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart.

b) Remove the stone then scoop out the insides onto a board. Roughly chop the **avocado**.

c) Halve the **tomatoes**.



2 Make the Quesadillas

a) Lay the **tortillas** out on a board.

b) Spread a little of the **bean mix** over half of each, leaving a small border round the edge, then fold the **tortillas** in half to make half moon shapes.

c) Heat a drizzle of **oil** in a large frying pan on medium-high heat.



5 Dress the Salad

a) In a large bowl, combine the **balsamic vinegar** with the **olive oil** (see ingredients for amount).

b) Season with **salt** and **pepper**.

c) Add the **rocket, tomatoes** and **avocado** and toss gently.



3 Cook the Quesadillas

a) When hot, carefully lay the quesadillas in the pan. Fry until golden, 2 mins each side. Turn carefully.

b) Lightly press down on the **tortillas** with a spatula to ensure they stick together and brown nicely. **TIP:** You may have to do this in batches, adding a little more oil to the pan each time - just cover the cooked quesadillas with foil to keep warm.



6 Serve

a) Serve the **quesadillas** alongside plenty of **rocket salad**.

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.