



Chicken & Bacon Quesadillas

with Tomato-Cucumber Salsa

Grab your Meal Kit with this symbol



Capsicum



Carrot



Bacon



Chicken Thigh



Sweetcorn



Tex-Mex Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato



Greek Yoghurt

Hands-on: 20 mins
 Ready in: 40 mins

Eat me early

Put a new spin on quesadilla night with a chicken and bacon filling that's all kinds of delicious. Liven it up with a fresh tomato and cucumber salsa, add a dollop of cooling yoghurt and you're ready to party!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	4 People
olive oil*	refer to method
capsicum	1
carrot	2
bacon	1 packet
chicken thigh	1 small packet
sweetcorn	1 tin (125g)
Tex-Mex spice blend	2 sachets
mini flour tortillas	16
shredded Cheddar cheese	2 packets (200g)
cucumber	1
tomato	1
white wine vinegar*	1 tsp
Greek yoghurt	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3890kJ (929Cal)	704kJ (168Cal)
Protein (g)	49.4g	8.9g
Fat, total (g)	47.9g	8.7g
- saturated (g)	19.7g	3.6g
Carbohydrate (g)	70.1g	12.7g
- sugars (g)	12.7g	2.3g
Sodium (g)	1980mg	358mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **capsicum**. Grate the **carrot** (unpeeled). Roughly chop the **bacon**. Cut the **chicken thigh** into 1cm chunks. Drain the **sweetcorn**.



2. Cook the filling

SPICY! This is a mild spice blend, but if you or the kids are extra sensitive to heat, feel free to add less. In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **bacon** and **chicken** and cook, stirring, until browned, **4-5 minutes**. Add the **capsicum**, grated **carrot** and **sweetcorn** and cook, stirring, until softened, **3-4 minutes**. Add the **Tex-Mex spice blend** and cook, stirring, until fragrant, **1 minute**. Stir through a **small splash of water**. Season to taste with **salt** and **pepper**.



3. Assemble the quesadillas

Lay **1/2** the **mini flour tortillas** (see **ingredients list**) over two oven trays lined with baking paper. Divide the **chicken mixture** between the **tortillas** and top with **shredded Cheddar cheese**. Top with the **remaining tortillas** and gently press down to seal. Brush or spray the **tortillas** with a **drizzle of olive oil** and season with **salt** and **pepper**.



4. Bake the quesadillas

Bake the quesadillas until the cheese has melted and the tortillas are golden, **10-12 minutes**.



5. Make the salsa

While the quesadillas are baking, finely chop the **cucumber** and **tomato**. In a small bowl, combine the **cucumber**, **tomato**, **white wine vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Stir to combine.



6. Serve up

Cut the quesadillas into wedges and divide between plates. Serve with the tomato salsa and **Greek yoghurt**.

Enjoy!