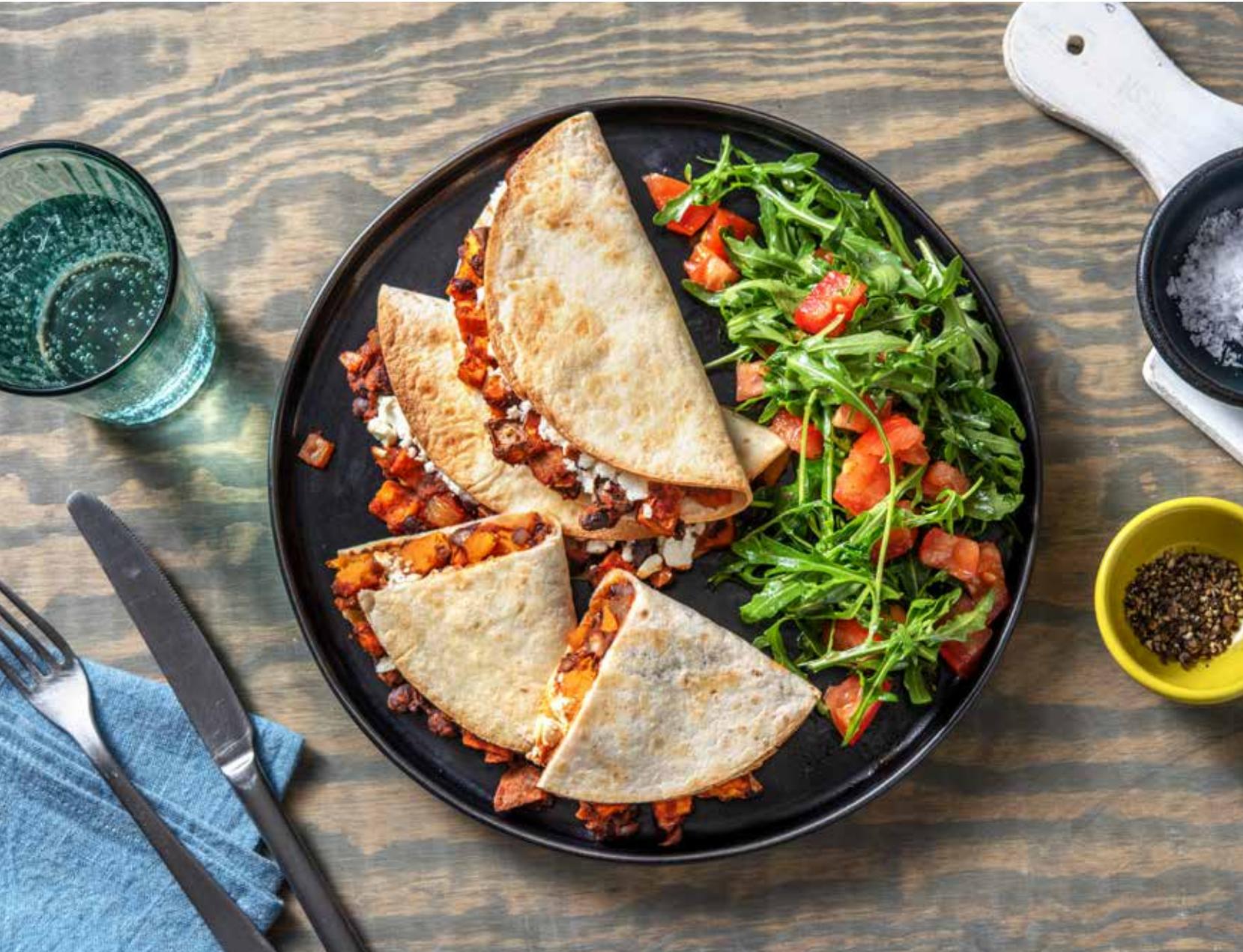




Feta and Sweet Potato Quesadillas with Rocket Salad

Classic 40 Minutes • Little Spice • 2 of your 5 a day • Veggie

Nº 20



Sweet Potato



Onion



Medium Tomato



Black Beans



Feta Cheese



Cider Vinegar



Mexican Style Spice Mix



Tomato Puree



Vegetable Stock Paste



Soft Shell Taco



Rocket

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Bowl, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Onion**	1	1	2
Medium Tomato	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Feta Cheese 7)**	100g	150g	200g
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Beans*	150ml	225ml	300ml
Soft Shell Taco 13)	6	9	12
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	434g	100 g
Energy (kJ/kcal)	1806 /432	416 /100
Fat (g)	14	3
Sat. Fat (g)	6	1
Carbohydrate (g)	59	14
Sugars (g)	14	3
Protein (g)	15	3
Salt (g)	2.30	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

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You can recycle me!



Get Prepped

Preheat your oven to 200°C. Chop the **sweet potatoes** into 1cm chunks (no need to peel).

TIP: You want the chunks to be small so they cook quickly. Halve, peel and chop the **onion** into small pieces. Chop the **tomatoes** into 1cm pieces. Drain and rinse the **black beans** in a sieve, then pop **half** of them into a bowl and mash with a fork until all broken up. Crumble the **feta** into small pieces.



Bake

Mix the cooked **sweet potatoes** into the **beans**. Lay one of your **tacos** on the now-empty baking tray and spoon some of the **bean mixture** onto one **half** of the **taco**. Top with **feta**. Fold the other side over so you have a semi-circle. Press down to keep it together. Repeat with the other **tacos** - use three per person. Drizzle a little more **oil** over the top, then bake on the top shelf of your oven until golden, 8-12 mins.



Roast the Sweet Potato

Pop the **sweet potato** chunks on a large low-sided baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf until tender and golden, 15-20 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the chunks nicely spread out. Once cooked, remove the **sweet potato** to a plate (no need to wash the tray).



Make the Salad

Meanwhile, pour the **olive oil** (see ingredients for amount) into a medium bowl. Add the remaining **cider vinegar** and season with **salt** and **pepper**, mixing well to combine. Just before serving, add the **rocket** and **tomato** to the **dressing** and toss well to coat.



Cook the Beans

Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 5-6 mins, stirring frequently. Pour in **half** the **cider vinegar**, stir, and let evaporate fully. Add the **Mexican style spice mix** and **tomato puree**, stir and cook for 1 min. Stir in the **black beans** (both whole and broken up), **vegetable stock paste** and **water** (see ingredients for amount). Season with **salt** and **pepper**. Simmer gently until all the **water** has evaporated, 8-10 mins, stirring occasionally. Season with **salt** and **pepper** if needed. Remove from the heat.



Finish and Serve

Once the **quesadillas** are cooked, remove them from your oven and serve them on plates (cut them in half before serving if you want). Serve the **quesadillas** with the **salad** alongside.

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.