



JACK O' LANTERN QUESADILLAS

with Butternut Squash, Black Beans and Avo Zombie Fingers



HELLO BLACK BEANS

Black beans are the only beans that boost your brainpower, thanks to being full of antioxidant compounds called anthocyanins.



Diced Butternut Squash



Garlic Clove



Black Beans



Mexican Spice



Worcester Sauce



Coriander



Vine Tomato



Lime



Mature Cheddar Cheese



Avocado



Whole Wheat Soft Tortillas



Soured Cream

MEAL BAG
GI

Hands on: **35** mins
Total: **45** mins

Family Box

2 of your
5 a day

Veggie

Medium heat

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Large Baking Trays**, a **Fine Grater**, **Colander**, **Frying Pan**, **Coarse Grater** and **Chopping Board**. Now, let's get cooking!



1 ROAST THE SQUASH

Preheat your oven to 200°C. Pop the **diced butternut squash** onto a large lined baking tray and drizzle with **oil**. Season well with **salt** and **pepper**. Toss to coat the **squash** evenly in **oil** then pop on the top shelf of your oven to roast until slightly golden and tender, 20-25 mins. Turn halfway through cooking. Peel and grate the **garlic** (or use a press). Drain and rinse the **black beans** in a colander.



2 FRY THE BEANS

Heat a splash of **oil** in a frying pan over medium-high heat. Pop in the **garlic**. Cook for 1 minute. Add the **Mexican spice** (careful, it's hot!) and the **beans**. Mix well and cook for 30 seconds. Stir in the **Worcester sauce**. Bring to the boil, reduce the heat and mash some of the **beans** up with the back of a fork. Leave to gently cook, stirring occasionally. Add a splash of **water** if they begin to look too dry!



3 GET CHOPPING!

Meanwhile, roughly chop the **coriander** (stalks and all). Chop the **tomato** into 1cm pieces. Zest the **lime** then cut into wedges. Coarsely grate the **cheddar cheese**. Pop the **tomato** into a small bowl with **half** the **coriander**, the **lime zest**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.



4 ZOMBIE FINGERS!

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull apart. Remove the stone then scoop out the insides in one piece onto a board. Slice lengthways into 1cm strips, squeeze over the juice from a couple of the **lime wedges** and set aside. Stir the remaining **coriander** into your **beans**. Season to taste with **salt** and **pepper**. Stir and remove from the heat.



5 CARVE YOUR PUMPKINS!

Lay **half** the **tortillas** on a lightly oiled baking tray (or two). Lay the other **half** on a chopping board and use a small knife to carve out some pumpkin faces. Get everyone involved! To assemble, divide the **beans** between the **tortillas** on the baking tray and spread out. Top with the cubes of **roasted squash** and a layer of grated **cheese**. Lay the pumpkin faces on top and lightly press down to flatten slightly.



6 FINISH UP

Brush the **tortillas** with a little **oil** and bake on the top shelf of your oven for 10 mins, until golden and crispy! Once cooked, divide between plates with a serving of **tomato salad** and **avo zombie fingers** on the side. Serve with a nice dollop of **sour cream** and a wedge of **lime**. **TRICK OR TREAT!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|--------------------------------|---------------|----------------|----------------|
| Diced Butternut Squash | 1 small bag | 1 medium bag | 1 large bag |
| Garlic Clove | 1 | 2 | 2 |
| Black Beans | 1 carton | 1½ cartons | 2 cartons |
| Mexican Spice | 1 small pot | ¾ large pot | 1 large pot |
| Worcester Sauce | ½ sachet | ¾ sachet | 1 sachet |
| Coriander | ½ bunch | ¾ bunch | 1 bunch |
| Vine Tomato | 2 | 3 | 4 |
| Lime | ½ | 1 | 1 |
| Mature Cheddar Cheese 7) | 1 small block | 2 small blocks | 2 small blocks |
| Avocado | 1 | 1½ | 2 |
| Whole Wheat Soft Tortillas 13) | 4 | 6 | 8 |
| Soured Cream 7) | ½ pouch | ¾ pouch | 1 pouch |

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 572G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 746 | 130 |
| (kJ) | 3119 | 545 |
| Fat (g) | 40 | 7 |
| Sat. Fat (g) | 13 | 2 |
| Carbohydrate (g) | 67 | 12 |
| Sugars (g) | 12 | 2 |
| Protein (g) | 25 | 4 |
| Salt (g) | 2.99 | 0.52 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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