



ONE-PAN RAJAS QUESADILLAS

with Salsa Fresca, Southwest Crema & Guacamole

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



2 | 4
Tomatoes



¼ oz | ¼ oz
Cilantro



1 | 2
Long Green
Pepper



5 tsp | 5 tsp
Red Wine
Vinegar



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Southwest
Spice Blend



2 | 4
Flour Tortillas
Contains: Soy, Wheat



½ Cup | 1 Cup
Mexican Cheese
Blend
Contains: Milk



½ Cup | 1 Cup
Pepper Jack
Cheese
Contains: Milk



4 TBSP | 8 TBSP
Guacamole



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Breast
Strips

Calories: 860



10 oz | 20 oz
Ground Turkey

Calories: 930



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 670



HELLO

RAJAS

Literally translating to “strips,” *rajas* typically refers to a creamy roasted poblano dish. This quick twist on the Mexican classic is made with sautéed diced poblano and onion.

FLIP OUT

Once the first side is golden, slide your spatula underneath the quesadilla and secure the top with your hand. Then flip in one fell swoop to keep the filling inside where it belongs!

BUST OUT

- 2 Small bowls • Paper towels 🍴
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp) 🍴🍴

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🍴 *Chicken is fully cooked when internal temperature reaches 165°.

🍴 *Ground Turkey is fully cooked when internal temperature reaches 165°.



1 PREP

- **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (4 TBSP for 4 servings). Dice **tomatoes**. Roughly chop **cilantro**. Core, deseed, and dice **green pepper**.



4 ASSEMBLE QUESADILLAS

- Place **tortillas** on a clean work surface; sprinkle one half of each tortilla with **Mexican cheese blend**.
- Top with **veggie filling**, then sprinkle with **pepper jack**.
- Fold tortillas in half to create **quesadillas**.

- 🍴 Add **chicken** or **turkey** to **tortillas** along with **veggie filling**.



2 MAKE SALSA & CREMA

- In a small bowl, combine **minced onion**, **half the tomatoes**, **half the cilantro**, and a **splash of vinegar** to taste. Season with **salt** and **pepper**.
- In a separate small bowl, combine **half the sour cream** with $\frac{1}{4}$ tsp **Southwest Spice Blend** ($\frac{1}{2}$ tsp for 4 servings). (You'll use the rest of the sour cream and Southwest Spice Blend in the next step.) Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.

- 🍴 Pat **chicken*** dry with paper towels.
- 🍴 Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey***; season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



5 COOK QUESADILLAS

- Wash out pan used for veggie filling; return to medium-high heat with a **drizzle of olive oil**.
- Add **quesadillas**; cook until tortillas are golden brown and cheeses have melted, 2-4 minutes per side. **TIP: Depending on the size of your pan, you may need to work in batches.**



3 MAKE VEGGIE FILLING

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **green pepper**, **sliced onion**, and a **big pinch of salt**. Cook, stirring occasionally, until browned and tender, 7-8 minutes.
- Stir in **remaining tomatoes**, **remaining Southwest Spice Blend**, and **2 TBSP water**. Cook, stirring occasionally, until tomatoes are softened and mixture is thickened and saucy, 2-3 minutes. **TIP: If veggie mixture seems dry, add up to 2 TBSP more water.**
- Remove from heat; stir in **remaining cilantro** and **remaining sour cream**. Season with **salt** and **pepper**.

- 🍴 Use pan used for chicken or turkey here.



6 SERVE

- Cut **quesadillas** into wedges; divide between plates and top with **guacamole** and **salsa**. Drizzle with **crema** and serve.