



TEX-MEX BBQ CHICKEN QUESADILLAS

with Charred Corn Salsa & Sour Cream



Make quesadillas
in the oven



Red Onion



Carrot



Courgette



Chicken Thigh



Tex-Mex
Spice Blend



BBQ Sauce



Mini Flour
Tortillas



Shredded Cheddar
Cheese



Sweetcorn



Tomato



Sour Cream

Hands-on: **35 mins**
Ready in: **45 mins**

Eat me early

Baking quesadillas in the oven is a revelation. No more waiting for them to fry in batches and, while they're baking, you have time to make charred corn salsa, which is the perfect finishing touch on these tangy BBQ chicken quesadillas. Welcome to easy street, Tex Mex style!

Pantry Staples: Olive Oil, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **red onion**. Grate the **carrot** (unpeeled) and **courgette**. Cut the **chicken thigh** into 1cm pieces.



2 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook until softened, **4 minutes**. Add the grated **carrot** and **courgette** and cook until soft, **2-3 minutes**. Season with **salt** and **pepper** and transfer to a medium bowl.



3 COOK THE CHICKEN

Return the pan to a high heat with a **drizzle** of **olive oil**. Add the **chicken**, **Tex-Mex spice blend** and a **pinch** of **salt** and **pepper**. Cook, tossing occasionally, until browned and cooked through, **3-4 minutes**. Return the veggies to the pan and add the **BBQ sauce**. Stir to combine.



4 BAKE 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. Press down on the tortillas gently with a spatula. Brush or spray the tortillas with a little **olive oil** and season with **salt** and **pepper**. 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, drain the **sweetcorn**. Roughly chop the **tomato**. Wipe out the frying pan and return to a high heat. When the pan is hot, add the corn kernels and cook, tossing occasionally, until lightly charred, **4-5 minutes**. **TIP:** *Cover the pan with a lid if the kernels are "popping" out!* In a medium bowl, combine the charred corn, tomato, **white wine vinegar**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**.



6 SERVE UP

Cut the Tex-Mex BBQ chicken quesadillas into quarters and divide between plates. Top with the charred corn salsa and **sour cream**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red onion	1
carrot	1
courgette	2
chicken thigh	1 packet
Tex-Mex spice blend	1 sachet
BBQ sauce	1 tub (100 g)
mini flour tortillas	16
shredded Cheddar cheese	1 packet (100 g)
sweetcorn	1 tin (125 g)
tomato	2
white wine vinegar*	1 tsp
sour cream	2 tubs (250 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3610kJ (861Cal)	640kJ (153Cal)
Protein (g)	44.1g	7.8g
Fat, total (g)	38.1g	6.8g
- saturated (g)	15.5g	2.8g
Carbohydrate (g)	80.1g	14.2g
- sugars (g)	22.1g	3.9g
Sodium (g)	1440mg	256mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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