



Cooking Made Easy

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Roasted Vegetable Quesadilla

with Smoky Chipotle Mayo & Guacamole



In our book, quesadillas and guacamole are the ultimate comfort food. Stuffed with lightly caramelized asparagus, bell pepper, and onion, these whole-wheat quesadillas are both hearty and wholesome. A secret layer of chipotle mayo will forever change the way you make quesadillas.



30 min



level 1



nut free



veggie



Whole Wheat Tortillas



Asparagus



Bell Pepper



Dried Oregano



Chipotle Powder



Cilantro



Onion



Mayonnaise



Lime



Roma Tomatoes



Mozzarella Cheese



Avocado

Ingredients	2 People	4 People
Whole Wheat Tortillas	1)	8
Asparagus	1 bunch	2 bunches
Lime	1	2
Avocado	1	2
Mozzarella Cheese	2)	2 C
Mayonnaise	3)	2 T
Dried Oregano	1 t	2 t
Bell Pepper	1	2
Onion	1	2
Roma Tomatoes	1	2
Cilantro	1 bunch	2 bunches
Chipotle Powder	1 t	2 t
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Eggs

Tools

Baking Sheet, Small Bowl, Large Pan

Ruler

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Nutrition per person Calories: 839 cal | Carbs: 87 g | Fat: 34 g | Protein: 45 g | Fiber: 8 g



1 Preheat oven to 400 degrees. Halve, peel, and thinly slice the **onion**. Core, seed, and remove white ribs from the **bell pepper**, then thinly slice. Trim and discard the bottom inch of the **asparagus**, then cut into 2-inch pieces. Halve, core, and seed, the **tomato**, then chop along with the **cilantro**. Halve the **lime**.



2 Toss the **asparagus**, **onion**, and **bell pepper** on a baking sheet with 1 tablespoon **olive oil** and the **dried oregano**. Season with **salt** and **pepper** and roast for 15 minutes, until softened and slightly caramelized.



3 Make the **guacamole**: halve, pit and peel the **avocado**, then scoop the flesh into a small bowl. Mash the avocado with a fork until mostly smooth, then stir in the **chopped tomato**, **cilantro**, and a squeeze of **lime**. Season with **salt** and **pepper**. Set aside.

4 Make the **chipotle mayo**: in another small bowl, combine the **mayonnaise** and **chipotle chili powder (to taste)**. Set aside.

5 Assemble the **quesadillas**: Spread two **tortillas** with the **chipotle mayo** (to taste), then layer the **mozzarella**, **roasted vegetables**, and another layer of **mozzarella**. Top each with another **tortilla**.



6 Heat a large pan over medium heat. Add one **quesadilla** and cook until the underside browns and cheese begins to melt, about 2-3 minutes. Flip onto the other side and cook another 3-4 minutes, until browned and cheese is completely melted. Transfer to a baking sheet and place in the oven to keep warm. Repeat with the second quesadilla.

7 Slice the **quesadillas** into wedges and serve with **guacamole**. Enjoy!