



# TEX-MEX PLANT-BASED PROTEIN QUESADILLAS

with Pico de Gallo & Sour Cream

## INGREDIENTS

2 PERSON | 4 PERSON



**8 oz | 16 oz**  
Tex-Mex Ground  
Plant-Based  
Protein



**6 TBSP | 12 TBSP**  
Cream Cheese  
Contains: Milk



**2 | 4**  
Flour Tortillas  
Contains: Soy, Wheat



**¼ Cup | ½ Cup**  
Monterey Jack  
Cheese  
Contains: Milk



**4 oz | 8 oz**  
Pico de Gallo



**1½ TBSP | 3 TBSP**  
Sour Cream  
Contains: Milk



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### PLANT-BASED PROTEIN

All the rich flavor of ground meat, plus a mild kick of bold Tex-Mex heat!

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 760





## BEST PRESSED

In Step 1, you'll press the plant-based protein into an even layer, giving it a few undisturbed minutes to develop crispy edges before breaking it up into pieces.

## BUST OUT

- Large pan
- Medium bowl
- Slotted spoon
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 MAKE FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **plant-based protein\***. Using a spatula, press into an even layer; cook, undisturbed, until browned on bottom, 3-4 minutes. **TIP: If protein starts popping, cover with a lid.**
- Break up protein into pieces and cook until browned all over and warmed through, 3-4 minutes more.
- Turn off heat; using a slotted spoon, transfer to a medium bowl. Stir in **cream cheese** until melted and thoroughly combined. Wash out pan.



### 3 COOK QUESADILLAS

- Melt **1 TBSP butter** (2 TBSP for 4 servings) and a **drizzle of oil** in pan used for filling over medium-high heat.
- Add **quesadillas**; cook until tortillas are golden brown and cheese melts, 2-4 minutes per side. **(Depending on the size of your pan, you may need to work in batches.)**



### 2 ASSEMBLE QUESADILLAS

- Lay **tortillas** on a clean work surface. Top one half of each tortilla with **filling** and sprinkle with **Monterey Jack**. Fold tortillas in half to create **quesadillas**.



### 4 SERVE

- Cut **quesadillas** into thirds and divide between plates. Serve with **pico de gallo** and **sour cream** on the side.

\*Plant-based protein is fully cooked when internal temperature reaches 165°.