



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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HELLO

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°.