



KIDS' SWEET POTATO & CORN QUESADILLAS

with Mango Cups, Carrot Sticks & Chocolate Chips



INGREDIENTS

3 SERVINGS | 6 SERVINGS



1 | 2
Sweet Potato



9 oz | 18 oz
Carrots



1 | 1
Corn



1 tsp | 2 tsp
Garlic Powder



6 | 12
Flour Tortillas
Contains: Soy, Wheat



½ Cup | 1 Cup
Mexican Cheese Blend
Contains: Milk



12 oz | 24 oz
Mango



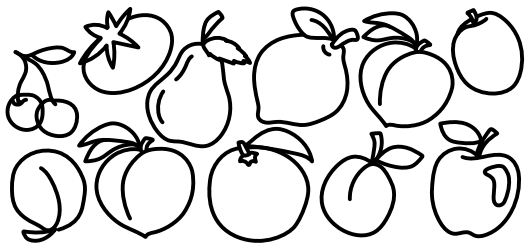
3 oz | 6 oz
Semisweet Chocolate Chips
Contains: Soy



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



FIND THE MATCH



PREP: 10 MIN | COOK: 15 MIN | CALORIES: 670



HELLO FRESH



HELLO

KID APPROVED

Studies show that kids who help prepare their own food are more likely to eat it! Just saying...

FLIP IT GOOD

Once the first side of your quesadilla is golden, slide your spatula underneath and secure the top with your hand. Then flip!



BUST OUT

- Peeler
- Paper towels
- Large bowl
- Large pan
- Plastic wrap
- Potato masher
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)

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1 START PREP & COOK SWEET POTATO

- Wash and dry produce.
- Peel and dice **sweet potato** into ½-inch pieces. Place in a large microwave-safe bowl. Cover tightly with plastic wrap.
- Microwave sweet potato until tender, 6-8 minutes. Carefully remove plastic wrap (**watch out for steam!**).



3 ASSEMBLE & COOK QUESADILLAS

- Place **tortillas** on a clean work surface. Spread **sweet potato mixture** on bottom half of each tortilla; top with **Mexican cheese blend**. Fold tortillas in half to create **quesadillas**.
- Heat a **large drizzle of oil** in pan used for filling over medium heat. Add quesadillas and cook until tortillas are browned and cheese melts, 3-4 minutes per side. Transfer to a cutting board. (**For 6 servings, you may need to work in batches, adding a drizzle of oil for each batch.**)



2 FINISH PREP & COOK FILLING

- While sweet potato cooks, drain **corn**, then pat dry with paper towels. Trim, peel, and cut **carrots** into sticks (**like fries; ours were 3 inches long and ½ inch thick**).
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add **garlic powder**, half the corn (**all for 6 servings**), **salt**, and **pepper**. Cook, stirring occasionally, until corn is warmed through, 3-4 minutes.
- Turn off heat. Transfer corn to bowl with **sweet potato**; mash with a potato masher or fork until combined and sweet potato is mostly smooth. Wash out pan.



4 SERVE OR STASH

- **To serve:** Cut **quesadillas** into three wedges. Divide between plates and serve with **mango**, **carrot sticks**, and **chocolate chips**.
- **To stash:** Let quesadillas cool completely before cutting into three wedges. Refrigerate quesadillas, mango, and carrot sticks in separate containers and pack as desired!