



ONE-PAN RAJAS QUESADILLAS

with Salsa Fresca, Southwest Crema & Guacamole

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



2 | 4
Tomatoes



¼ oz | ¼ oz
Cilantro



1 | 2
Long Green
Pepper



5 tsp | 5 tsp
Red Wine Vinegar



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Southwest Spice
Blend



2 | 4
Flour Tortillas
Contains: Soy, Wheat



½ Cup | 1 Cup
Mexican Cheese
Blend
Contains: Milk



½ Cup | 1 Cup
Pepper Jack
Cheese
Contains: Milk



4 TBSP | 8 TBSP
Guacamole



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10 oz | 20 oz
Chopped Chicken
Breast

Calories: 850



10 oz | 20 oz
Ground Beef**

Calories: 1030



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 660



HELLO

RAJAS

A creamy roasted poblano dish. Our quick twist on a Mexican classic uses sautéed diced pepper and onion.

FLIP OUT

Once the first side is golden, slide your spatula underneath the quesadilla and secure the top with your hand. Then flip in one fell swoop to keep the filling inside where it belongs!

BUST OUT

- 2 Small bowls • Paper towels 🍴
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp) 🍴

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🍴 *Chicken is fully cooked when internal temperature reaches 165°.

🍴 *Ground Beef is fully cooked when internal temperature reaches 160°.



1 PREP

- **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (4 TBSP for 4 servings). Dice **tomatoes**. Roughly chop **cilantro**. Core, deseed, and dice **green pepper**.



4 ASSEMBLE QUESADILLAS

- Place **tortillas** on a clean work surface; sprinkle one half of each tortilla with **Mexican cheese blend**.
- Top with **veggie filling**, then sprinkle with **pepper jack**.
- Fold tortillas in half to create **quesadillas**.

- 🍴 Add **chicken** or **beef** to **tortillas** along with **veggie filling**.



2 MAKE SALSA & CREMA

- In a small bowl, combine **minced onion**, **half the tomatoes**, **half the cilantro**, and a **splash of vinegar** to taste. Season with **salt** and **pepper**.
- In a separate small bowl, combine **half the sour cream** with $\frac{1}{4}$ tsp **Southwest Spice Blend** ($\frac{1}{2}$ tsp for 4 servings). (You'll use the rest of the sour cream and Southwest Spice Blend in the next step.) Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.

- 🍴 Pat **chicken*** dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **beef***; season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



5 COOK QUESADILLAS

- Wash out pan used for veggie filling; return to medium-high heat with a **drizzle of olive oil**.
- Add **quesadillas**; cook until tortillas are golden brown and cheeses have melted, 2-4 minutes per side. **TIP: Depending on the size of your pan, you may need to work in batches.**



3 MAKE VEGGIE FILLING

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **green pepper**, **sliced onion**, and a **big pinch of salt**. Cook, stirring occasionally, until browned and tender, 7-8 minutes.
- Stir in **remaining tomatoes**, **remaining Southwest Spice Blend**, and **2 TBSP water**. Cook, stirring occasionally, until tomatoes are softened and mixture is thickened and saucy, 2-3 minutes. **TIP: If veggie mixture seems dry, add up to 2 TBSP more water.**
- Remove from heat; stir in **remaining cilantro** and **remaining sour cream**. Season with **salt** and **pepper**.

- 🍴 Use pan used for chicken or beef here.



6 SERVE

- Cut **quesadillas** into wedges; divide between plates and top with **guacamole** and **salsa**. Drizzle with **crema** and serve.