



CHICKEN PINEAPPLE QUESADILLAS

with Pico de Gallo and Southwest Spice



HELLO

SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin bring major flavor to this sweet and savory dish.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 720



Red Onion



Pineapple



Cilantro



Chicken Breast Slices



Flour Tortillas
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Green Bell Pepper



Roma Tomato



Lime



Southwest Spice Blend



Mozzarella Cheese
(Contains: Milk)

* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

Not in the mood to heat up the oven? No sweat: try toasting the quesadillas in a large pan over medium-low heat instead.

BUST OUT

- Medium bowl
- Strainer
- Large pan
- Paper towels
- Baking sheet
- Vegetable oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

• Red Onion	1 1
• Green Bell Pepper	1 2
• Pineapple	4 oz 8 oz
• Roma Tomato	1 2
• Cilantro	¼ oz ¼ oz
• Lime	1 1
• Chicken Breast Slices	10 oz 10 oz
• Southwest Spice Blend	1 TBSP 2 TBSP
• Flour Tortillas	2 4
• Mozzarella Cheese	1 Cup 2 Cups
• Sour Cream	2 TBSP 4 TBSP

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Preheat broiler to high or oven to 500 degrees. **Wash and dry all produce.** Halve, peel, and thinly slice **onion**. Mince a few slices until you have 2 TBSP. Core, deseed, and thinly slice **bell pepper**. Drain **pineapple**.



4 FINISH FILLING

Pat **chicken** dry with paper towels. Add to pan used for veggies over medium-high heat along with a drizzle of **oil** and **Southwest Spice**. Cook, stirring, until chicken is browned and cooked through, 3-5 minutes. Season with **salt** and **pepper**. Return **pineapple mixture** to pan along with a squeeze of **lime juice** and remaining **cilantro**. Stir to combine, then turn off heat.



2 START FILLING

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion** and **bell pepper**. Cook, stirring, until softened, 4-5 minutes. Season with **salt** and **pepper**. Add **pineapple** and cook, stirring, until lightly browned, 2-3 minutes. Season with salt and pepper. Turn off heat; remove from pan and set aside.



5 MAKE QUESADILLAS

Rub one side of **tortillas** with a drizzle of **oil**. Place tortillas, oiled sides down, on a baking sheet. Evenly sprinkle with half the **mozzarella**. Top with **filling**, then sprinkle with remaining **mozzarella**. Fold tortillas in half to create two quesadillas.



3 MAKE PICO DE GALLO

Meanwhile, dice **tomato**. Roughly chop **cilantro**. Halve **lime**. In a medium bowl, combine tomato, **minced onion**, half the cilantro, and a squeeze of lime juice. Season with **salt** and **pepper**.



6 FINISH

Broil or bake **quesadillas** until golden brown on top, 1-2 minutes. Flip and repeat on other side. (**TIP:** Keep an eye on these and watch out for any burning.) Cut into wedges, then serve with **pico de gallo** and **sour cream** on the side.

GOLDEN!

Pineapple's sweet sensation makes this a medal-worthy meal.

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