



# 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 Strips



Flour Tortillas  
(Contains: Wheat)



Sour Cream  
(Contains: Milk)



Green Bell Pepper



Roma Tomato



Lime



Southwest Spice Blend



Mozzarella Cheese  
(Contains: Milk)

## 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

- Strainer
- Large pan
- Medium bowl
- 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 Strips*	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

\* Chicken is fully cooked when internal temperature reaches 165 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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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**.



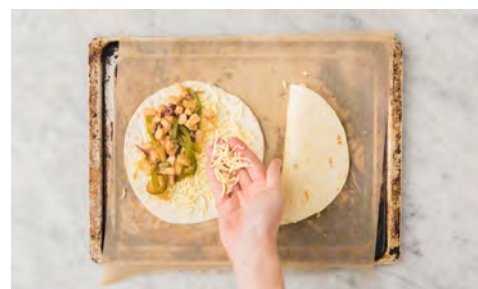
## 4 FINISH FILLING

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 each **tortilla** 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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