



# CHICKEN PINEAPPLE QUESADILLAS

with Pico de Gallo & Southwest Spice



## HELLO PINEAPPLE

A touch of tropical sweetness adds delicious depth to this savory dish.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 760**



Yellow 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 cooking the quesadillas in a large pan over medium-low heat instead. Simply cook until the tortillas are golden and cheese has melted, 2-4 minutes per side.

## BUST OUT

- Strainer
- Large pan
- Medium bowl
- Paper towels
- Baking sheet
- Vegetable oil (4 tsp | 6 tsp)
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yellow 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 | 20 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.



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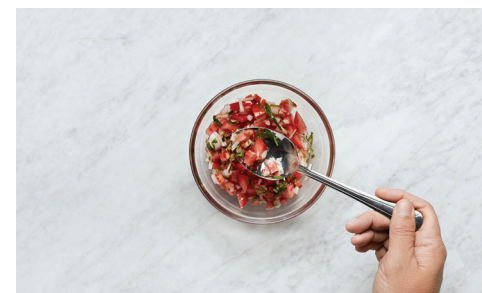
## 1 PREP

Heat 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 (4 TBSP for 4 servings). Halve, core, and thinly slice **bell pepper** into strips. Drain **pineapple**; discard juice.



## 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. Wipe out pan.



## 3 MAKE PICO DE GALLO

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



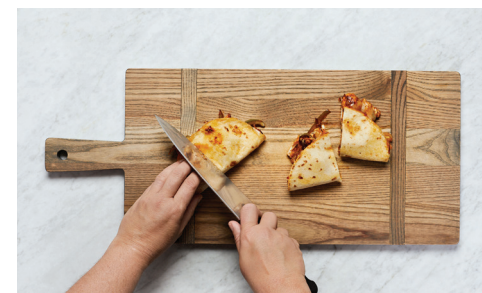
## 4 FINISH FILLING

Pat **chicken** dry with paper towels. Heat a drizzle of **oil** in pan used for veggies over medium-high heat. Add **chicken** and **Southwest Spice**. Cook, stirring, until chicken is browned and cooked through, 4-6 minutes. Season with **salt** and **pepper**. Return **veggie mixture** to pan along with a squeeze of **lime juice** and remaining **cilantro**. Stir to combine; turn off heat.



## 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 quesadillas. (Depending on the size of your baking sheet, you may need to work in batches for 4 servings.)



## 6 FINISH & SERVE

Broil or bake **quesadillas** until golden brown on top, 1-2 minutes. Flip and repeat on opposite side. (**TIP:** Watch carefully to avoid burning.) Cut quesadillas into wedges; top with some **pico de gallo** and **sour cream**. Serve any remaining pico de gallo and sour cream on the side.

## HOG HEAVEN

Try making this sweet and savory quesadilla again with pulled pork!

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