



CHICKEN PINEAPPLE QUESADILLAS

with Pico de Gallo and Southwestern Spices



HELLO

SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin add a sultry, subtle, and smoky kick.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 630**



Red Onion



Pineapple



Roma Tomatoes



Lime



Flour Tortillas
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Green Bell Peppers



Chicken Breasts



Cilantro



Southwest Spice Blend



Mozzarella Cheese
(Contains: Milk)

START STRONG


Quesadillas for all! Filling the tortillas is a great activity for kids. Just be careful with the hot ingredients and help them spread out everything evenly.

BUST OUT


- Small bowl
- Strainer
- Large pan
- Baking sheet
- Oil (8 tsp)

INGREDIENTS

Ingredient 4-person

- Red Onion 1
- Green Bell Peppers 2
- Pineapple 8 oz
- Chicken Breasts 12 oz
- Roma Tomatoes 2
- Cilantro ¼ oz
- Lime 1
- Southwest Spice Blend  2 TBSP
- Flour Tortillas 4
- Mozzarella Cheese 2 Cups
- Sour Cream 4 TBSP

HELLO WINE

 PAIR WITH
Triskelion Clarksburg
Chenin Blanc, 2016

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





1 PREHEAT AND PREP

Wash and dry all produce. Preheat broiler to high or oven to 500 degrees. Halve, peel, and thinly slice **onion**. Mince a few slices until you have 2 TBSP minced onion, then set this aside in a small bowl. Core, seed, and thinly slice **bell peppers**. Drain **pineapple**. Cut **chicken breasts** into ½-inch cubes.



4 MAKE FILLING

Add a large drizzle of **oil**, **chicken**, and **Southwest spice** to pan used for veggies over medium-high heat. Cook, tossing, until no longer pink in center, 3-4 minutes. Season with **salt** and **pepper**. Return **veggies** to pan along with a squeeze of **lime** and remaining **cilantro**. Toss to combine, then remove pan from heat.



2 COOK VEGGIES

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



5 MAKE QUESADILLAS

Rub one side of each **tortilla** with a drizzle of **oil**. Place oiled-side down on a baking sheet. Take half the **mozzarella** and sprinkle it on tortillas in an even layer. Top with **filling**, then sprinkle with remaining mozzarella. Fold tortillas in half to create 4 quesadillas.



3 MAKE PICO DE GALLO

While veggies cook, finely chop **tomatoes** and **cilantro**. Halve **lime**. Add tomatoes, half the cilantro, and a squeeze of lime to bowl with **minced onion**. Toss to combine. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Broil or bake **quesadillas** in oven until golden brown on top, 1-2 minutes. Flip and repeat with other side. (**TIP:** Keep an eye on them to make sure they don't burn.) Cut into wedges, then serve with **pico de gallo** and **sour cream** on the side.

FRESH TALK

If you could invent a new recipe, what would it be? What would it taste like?

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