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# HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



Strips

G Calories: 890

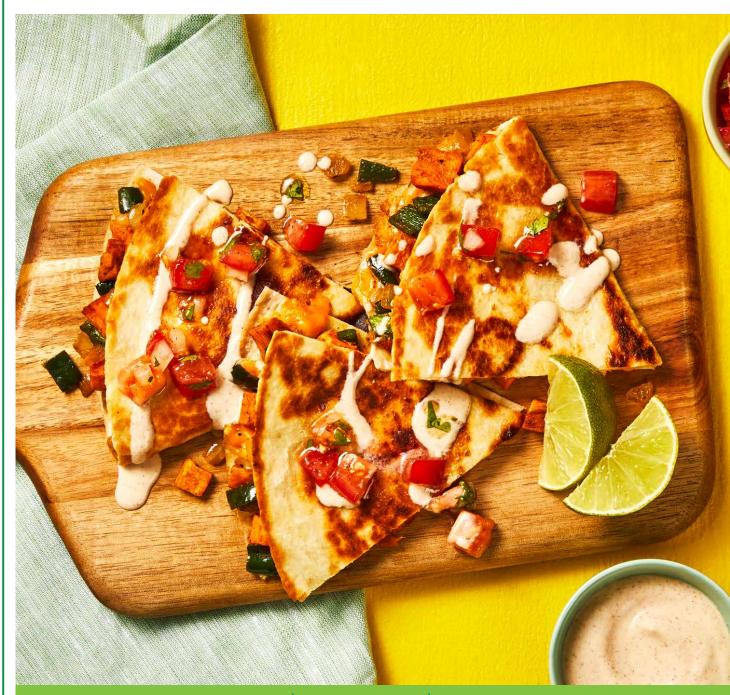


10 oz 20 oz Ground Turkey

#### G Calories: 950

# **SWEET POTATO & PEPPER QUESADILLAS**

with Southwest Crema & Tomato Salsa



PREP: 15 MIN COOK: 35 MIN CALORIES: 700



# HELLO

### SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin bring major flavor

## **FILLING CUTE**

Make sure to cut your veggies on the small side so that they'll fit neatly into the quesadillas you don't want any of that deliciousness to fall out!

## **BUST OUT**

Large pan

- Peeler
- Baking sheet
  Medium bowl
- 2 Small bowls Paper towels §
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
  (1 tsp | 1 tsp) (9 (9)
- Olive oil (2 tsp | 2 tsp)

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



# **1 ROAST SWEET POTATO**

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Peel and dice **sweet potato** into ½-inch pieces. Toss on a baking sheet with a **drizzle of oil, salt**, and **pepper**.
- Roast on top rack, tossing halfway through, until browned and tender, 20-25 minutes. Transfer to a plate.



### 2 PREP

- While sweet potato roasts, core, deseed, and dice green pepper. Halve, peel, and dice onion; mince a few pieces until you have 1 TBSP (2 TBSP for 4 servings). Dice tomato. Finely chop cilantro. Quarter lime.
- Place ½ tsp Southwest Spice Blend (you'll use the rest in the next step) in a small bowl and reserve for Step 4.
- Pat chicken\* dry with paper towels.
  Heat a drizzle of oil in a large pan over medium-high heat. Add chicken or turkey\*; 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.



# **3 COOK VEGGIES**

- Heat a drizzle of oil in a large pan over medium-high heat. Add green pepper and diced onion; season with salt and pepper. Cook, stirring, until tender, 5-7 minutes.
- Once sweet potato is done, add to pan along with remaining Southwest Spice Blend. Cook, stirring, until fragrant, 1 minute. Turn off heat.
- Use pan used for chicken orturkey here.



# 4 MAKE SALSA & CREMA

- In a medium bowl, combine tomato, cilantro, minced onion, a squeeze of lime juice, and a large drizzle of olive oil. Season generously with salt and pepper.
- To bowl with **reserved Southwest Spice Blend**, add **sour cream**, a squeeze of lime juice, and a **pinch of salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



## 5 ASSEMBLE QUESADILLAS

- Place tortillas on a clean work surface.
- In a second small bowl, combine **cheddar** and **mozzarella**.
- Sprinkle half the cheese mixture onto one half of each tortilla. Top with cooked veggies, then sprinkle with remaining cheese mixture. Fold tortillas in half to create quesadillas.
- Add chicken or turkey to tortillas
  along with veggies.



## 6 FINISH & SERVE

- Wash out pan used for veggies. Heat a drizzle of oil in same pan over mediumhigh heat. Add quesadillas and cook until tortillas are golden brown and cheese melts, 2-4 minutes per side. TIP: Depending on the size of your pan, you may need to work in batches.
- Cut quesadillas into wedges and divide between plates. Top with salsa and crema. Serve with remaining lime wedges on the side.

WK 14-29