



ONE-PAN EASY CHEESY CHICKEN QUESADILLAS

with Black Beans & Sour Cream

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



13.4 oz | 26.8 oz
Black Beans



10 oz | 20 oz
Chicken Breast Strips



1 TBSP | 2 TBSP
Southwest Spice Blend



2 | 4
Flour Tortillas
Contains: Wheat



½ Cup | 1 Cup
Pepper Jack Cheese
Contains: Milk



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk

HELLO

SOUTHWEST SPICE

This mix of chili powder, garlic, and cumin brings major flavor to quesadillas.



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 850



HELLO FRESH

SO IM-PRESSED

Our secret for perfectly constructed quesadillas? Sandwiching the chicken filling between two layers of cheese, as you'll do in step 3. This helps the cheeses meld to both the tortillas and the chicken mixture, so everything stays in place when it comes time to eat.

BUST OUT

- Strainer
- Paper towels
- Medium pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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1 PREP

- Drain and rinse **beans**.
- Pat **chicken*** dry with paper towels.



2 COOK FILLING

- Heat a **drizzle of oil** in a medium pan over medium-high heat. Add **beans, chicken,** and **Southwest Spice**. Cook, stirring occasionally, until chicken is browned and cooked through, 4-6 minutes. Season with a **big pinch of salt and pepper**.
- Turn off heat; transfer to a plate and set aside. Wipe out pan.



3 ASSEMBLE & COOK QUESADILLAS

- Place **tortillas** on a clean work surface. Evenly sprinkle **pepper jack** onto one half of each tortilla. Top with **chicken and bean filling**, then sprinkle with **Monterey Jack**. Fold tortillas in half to create **quesadillas**.
- Heat a **drizzle of oil** in pan used for filling over medium heat. Add quesadillas and cook until tortillas are golden brown and cheese melts, 3-4 minutes. **TIP: Depending on the size of your pan, you may need to work in batches.**



4 FINISH & SERVE

- Cut **quesadillas** into wedges and divide between plates. Top with **sour cream** and serve.

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