



APR
2017

Quickdraw Quesadillas

with Cilantro-Lime Crema and Tomato Salad

This fiesta of flavors will satisfy your craving for Mexican, plus it's vegetarian, so everyone can enjoy! Corn kernels add a bit of sweetness to the mix, and a zingy salad on the side brightens up the dish.

Prep
30 min

Veggie



Black Beans



Flour Tortillas



Corn Kernels



Spring Mix



Plum Tomatoes



Red Onion



Garlic



Lime



Cilantro



Honey



Mexican Seasoning



Chipotle Powder




Cheddar Cheese



Sour Cream

Ingredients

2 People

Black Beans		1 box	*Not Included
Flour Tortillas, 6-inch	1)	6	
Corn Kernels		1 pkg (113 g)	Allergens
Spring Mix		1 pkg (113 g)	1) Wheat/Blé
Plum Tomatoes		2	2) Milk/Lait
Red Onion, chopped		1 pkg (56 g)	
Garlic		1 pkg (10 g)	
Lime		2	
Cilantro		1 pkg (10 g)	
Honey		1 pkg (1 tbsp)	Tools
Mexican Seasoning		1 pkg (1 tbsp)	Zester, Large Pan, 2 Medium
Chipotle Powder 		1 pkg (1 tsp)	Bowls, Whisk, Small Bowl,
Cheddar Cheese, shredded	2)	1 pkg (½ cup)	Potato Masher
Sour Cream	2)	2 pkg (6 tbsp)	
Olive or Canola Oil*			

Ruler

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Nutrition per person Calories: 883 cal | Fat: 32 g | Protein: 33 g | Carbs: 108 g | Fibre: 20 g | Sodium: 1077 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Cut the **tomatoes** into ½-inch cubes. Zest, then juice the **limes**. Mince or grate the **garlic**. Finely chop the **cilantro**.

5



2 Make the filling: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Add the **garlic**, **box of beans (including the liquid)**, **Mexican seasoning** and as much **chipotle powder** as you like. Cook, stirring occasionally, until the beans soften, 5-6 min.

3 Make the salad: Meanwhile, in a medium bowl, whisk the **honey**, **half the lime zest**, **half the lime juice** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **tomatoes**.

4 Make the crema: In a small bowl, mix the **remaining lime zest**, **remaining lime juice**, **half the cilantro** and **sour cream**. Season with **salt** and **pepper**.

6



5 Finish the filling: Remove the pan from the heat and mash the **beans** using a fork or potato masher. Transfer the mixture to a medium bowl. Stir in the **corn**, **cheddar cheese** and **remaining cilantro**. Season with **salt**.

6 Make the quesadillas: Wipe the pan clean, then heat one **tortilla** over medium heat. Spread **one-sixth of the bean mixture** onto half of the tortilla. Carefully fold the other half of the tortilla over the filling. Cook until the tortilla is golden-brown and crispy, 2-3 min per side. (Repeat with the other tortillas.)

7 Finish and serve: Cut the **quesadillas** into wedges. Toss the **spring mix** into the **salad dressing**. Divide the quesadillas and salad between plates. Serve with the **cilantro-lime crema** and enjoy!

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