



QUICKDRAW QUESADILLAS

with Tomato Salsa and Citrus Sour Cream



HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!



Red Onion



Garlic Clove



Coriander



Corn on the Cob



Cheddar Cheese



Fajita Seasoning



Smoked Paprika



Black Beans



Whole Wheat Soft Tortilla



Vine Tomato



Baby Gem Lettuce



Lime



Sour Cream

MEAL BAG

40 mins

4 of your 5 a day

Medium heat

Veggie

We're not sure why the veggie recipes usually appear at the back of cookbooks, but we love ours so much that we put them right up front! To celebrate the launch of our new cookbook "Recipes That Work" we're featuring some classics from the all time hall of fame. You can find this little beauty on page 50 along with all the other favourites, as voted for by hundreds of thousands of our lovely cooks, just like you! Check it out on Amazon today.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Coarse Grater**, **Frying Pan**, **Colander**, two **Mixing Bowls**, **Potato Masher** and some **Foil**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and finely chop the **red onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Place the **corn on the cob** upright on a chopping board and cut vertically downwards to remove the kernels. Grate the **cheddar cheese**.



2 SPICE THINGS UP

Heat a splash of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 5 mins. Add the **sweetcorn**, stir and cook until piping hot, 3-4 mins. Add the **garlic** and cook for 1 minute more. Now, add the **fajita seasoning** and **smoked paprika** and cook until fragrant, 2 mins. **★ TIP:** *If you're not keen on spice, don't add all the fajita seasoning.*



3 MASH THE BEANS

Taste your mixture and season with **salt** and **pepper**, remove from the heat. Drain and rinse the **black beans** in a colander and pop in a mixing bowl. Roughly mash the **beans** with a **potato masher** or fork, then stir in the **sweetcorn mixture** along with the **cheese** and **half the coriander**. Taste to check the seasoning and add more **salt** and **pepper** if needed.



4 ASSEMBLE

To make the **quesadillas**, lay out the **tortillas** and divide the **bean mixture** evenly between them. Spread it out over half of each **tortilla**, then fold the other half over to make semicircular 'sandwiches'. Set them aside for a minute whilst you get on with the tomato salsa and citrus sour cream!



5 MAKE THE SALSA

Chop the **tomato** into 1cm chunks and finely slice the **baby gem lettuce**, then combine both with the remaining **coriander** in another mixing bowl. Zest and juice the **lime**. Add **half the lime juice** and the **olive oil** (see ingredients for amount) and season well with **salt** and **pepper**. Put the **sour cream** in a small bowl and mix in the remaining **lime juice**. Season with **salt** and **pepper** and add **lime zest** to taste.



6 FINISH AND SERVE

Wash and dry your frying pan and put it back on medium heat with a drizzle of **oil**. Fry two **quesadillas** at a time until golden brown (if your pan is big enough), about 4 mins per side. **★ TIP:** *Keep them warm underneath some foil on a plate while you cook the rest.* Serve with the **tomato salsa** and **citrus sour cream** and let everyone help themselves. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion, chopped	1
Garlic Clove, grated	1
Coriander, chopped	1 small bunch
Corn on the Cob	2
Cheddar Cheese, grated ⁷⁾	60g
Fajita Seasoning	1 tbs
Smoked Paprika	1 tsp
Black Beans	1 tin
Whole Wheat Soft Tortilla ¹³⁾	4
Vine Tomato, chopped	2
Baby Gem Lettuce, sliced	1
Lime	1
Olive Oil*	1 tbs
Sour Cream ⁷⁾	1 pot

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 662G	PER 100G
Energy (kcal)	712	108
(kJ)	2979	450
Fat (g)	28	4
Sat. Fat (g)	14	2
Carbohydrate (g)	76	12
Sugars (g)	18	3
Protein (g)	28	4
Salt (g)	4.03	0.61

ALLERGENS

⁷⁾ Milk ¹³⁾ Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

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