



ROASTED VEGETABLE QUESADILLAS

with Smoky Chipotle Mayo and Guacamole

VEGGIE



HELLO

CHIPOTLE MAYO

Make the smoky, creamy condiment your way with just the right amount of heat

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 760



Red Bell Pepper



Asparagus, trimmed



Red Onion, sliced



Dried Oregano



Fresh Cilantro



Lime



Plum Tomato



Avocado



Mayonnaise



Chipotle Powder



Flour Tortillas 6"



Mozzarella, shredded

BUST OUT

- Measuring Spoons
- Large Non-Stick Pan
- Baking Sheet
- Salt
- Zester
- Pepper
- Medium Bowl
- Olive or Canola oil
- Small Bowl

INGREDIENTS

2-person

- Red Bell Pepper 230 g
- Asparagus, trimmed 1 pkg (170 g)
- Red Onion, sliced 1 pkg (113 g)
- Dried Oregano 1 pkg (2 tsp)
- Fresh Cilantro 1 pkg (10 g)
- Lime 1
- Plum Tomato 140 g
- Avocado 1
- Mayonnaise 3 3 pkg (2 tbsp)
- Chipotle Powder 1 pkg (1/2 tsp)
- Flour Tortillas 6" 1 6
- Mozzarella, shredded 2 1 pkg (2 cup)

ALLERGENS

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

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **450°F** (to roast the veggies). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce. Core and thinly slice the **bell pepper**. Cut the **asparagus** into 1-inch pieces. Finely chop some of the **red onion strips** until you have **2 tbsp chopped red onion**.



4 MAKE MAYO In a small bowl, combine the **mayo** with as much **chipotle powder** as you like. Divide the **chipotle mayo** between **tortillas** and spread to the edges.



2 ROAST VEGGIES Toss the **bell pepper**, **asparagus** and **remaining red onion strips** on a baking sheet with the **dried oregano** and a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until **veggies** are golden-brown, 18-20 min.



5 COOK QUESADILLAS When the **veggies** are roasted, heat a large non-stick pan over medium heat. Add **one tortilla**, mayo-side up, to the pan. Top with some veggies and **mozzarella**. Fold the other half of the tortilla over the filling. Cook until golden-brown and crisp, 1-2 min per side. Repeat cooking with **remaining tortillas**.



3 MAKE GUACAMOLE Meanwhile, finely chop the **cilantro**. Zest, then juice the **lime**. Cut the **tomato** into ½-inch cubes. Peel and cut the **avocado** into ½-inch cubes. In a medium bowl, mash the avocado, **lime zest** and **1 tbsp lime juice** together using a fork. Stir in the **tomato**, **chopped onion** and **cilantro**. Season with **salt** and **pepper**.



6 FINISH AND SERVE Cut the warm **quesadillas** into wedges. Divide the quesadillas between plates and serve with the **guacamole**.

RAINBOW BRIGHT!

This veggie medley will add colour to your day.