

Smoky Chicken Quesadillas

with Salsa and Smashed Avo

These cheesy quesadillas have California written all over them!

Cals 937 • Prot 72 • Carbs 76 • Fat 32

hellochef.com • 04-825-44-00 • hello@hellochef.com



🕒 cook: 30 min

R2803

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Quesadillas	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Chipotle powder	2	2	4	Grams
Smoked paprika powder	2	2	4	Grams
8" tortilla wraps 10* , 11*	4	6	8	Piece
Grated mozzarella 4*	100	150	200	Grams
Grated cheddar 4*	60	90	120	Grams
Salsa				
Garlic cloves	1	1	2	Piece
Large green chilli	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Cherry tomatoes	150	250	300	Grams
Olive oil	1	2	2	Tbsp
Smashed avo				
Avocado	1	2	2	Piece
Lime	1	2	2	Piece

Allergens

*10 Wheat, *11 Gluten, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3914 / 937
Fat (g)	31.8
of which saturates (g)	11.8
Carbohydrate (g)	76
of which sugars (g)	7.5
Fiber (g)	12.9
Protein (g)	71.6
Salt (g)	1.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make salsa

Peel the **garlic**. Roughly chop the **green chilli** and **coriander**. Add the **tomatoes, garlic, coriander** and **green chilli (spicy!)** to a food processor or blender with a generous pinch of salt and a drizzle of **olive oil**. Blitz until smooth – this is your **salsa**.

Tip! Sensitive to spice? Go easy on the chilli.



2 Smash avocado

Cut the **avocado** in half and remove the stone. Scoop the **avocado** out of its skin using a spoon, into a bowl and mash it with a fork. Squeeze all of the **lime** juice over the **avocado** and season with salt. Set aside.



3 Fry chicken

Chop the **chicken** it into small pieces. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of salt and fry for 5–7 min or until cooked through. Add the **chipotle powder (spicy!), smoked paprika** and a splash of **water**. Fry for 1 min further. Transfer the **chicken** to a bowl. Wipe and reserve the pan.

Tip! Sensitive to spice? Go easy on the chipotle powder.



4 Stuff quesadillas

Divide the warm **chicken** filling between the **wraps** and spread it out in an even layer. Sprinkle with the **mozzarella** and **cheddar cheese**, fold each quesadilla and press down firmly – these are your **quesadillas**.



5 Fry quesadillas

Return the reserved pan to a medium with another drizzle of **oil**. Once hot, fry the **quesadillas** for 1-2 min on each side until golden.



6 Serve

Slice the **quesadillas** and serve with the smashed **avocado** and **salsa** to the side.