

Sweet Potato and Black Bean Quesadillas

with Guacamole and Vegan Mozzarella

hellóchef

Guacamole is perfect for dipping these quesadillas in!

Cals 1010 • Prot 30 • Carbs 153 • Fat 28

Vegan

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🕒 cook: 30 min

R3052



Before you start

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

Ingredients

Quesadilla	2 ppl	3 ppl	4 ppl	
Sweet potatoes	400	600	800	Grams
Red onion	1	2	2	Piece
Garlic cloves	1	2	2	Piece
Black beans	240	480	480	Grams
Black pepper	1	2	2	Tsp
Salt	1	2	2	Tsp
Olive oil	1	2	2	Tbsp
Vegetable oil	1	2	2	Tbsp
Tomato paste	70	140	140	Grams
Taco seasoning	10	20	20	Grams
Chipotle powder	2	2	4	Grams
8" tortilla wraps 10*, 11*	4	6	8	Piece
Vegan mozzarella	75	100	150	Grams
Guacamole				
Fresh coriander	15	15	15	Grams
Avocado	1	2	2	Piece
Lime	2	3	4	Piece
Salt	0.5	1	1	Tsp

Allergens

*10 Wheat, *11 Gluten

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)	4227 / 1010
Fat (g)	28.1
of which saturates (g)	8.2
Carbohydrate (g)	153
of which sugars (g)	18.7
Fiber (g)	27.6
Protein (g)	30.1
Salt (g)	2.8

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



1 Prep

Peel and chop the **sweet potatoes** into bite-sized pieces. Peel and finely slice the **red onion** and **garlic cloves**. Drain and rinse the **black beans**. Chop the **coriander** leaves.



2 Make mash

Add the **sweet potatoes** to a pan of boiling water with a generous pinch of **salt**. Cook over a medium heat for 12-14 min or until soft. Drain the **sweet potatoes** and return them to the pan with a generous drizzle of **olive oil**. Mash until smooth and season to taste.



3 Make chilli

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Add the **onion** and fry with a pinch of **salt** for 5 min. Add the **garlic, taco seasoning (spicy!)** a pinch of **chipotle (spicy!)** and stir for 1 min. Add the **tomato paste** and drained **beans** and cook for a final 2 min. Season and set aside.



4 Make guacamole

Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Add it to a bowl. Add the **lime** juice. Mash with a fork until smooth. Alternatively, use a food processor or blender to get it really smooth. Season with plenty of **salt** and garnish with **coriander**.



5 Assemble quesadillas

Spread the **sweet potato** mash over one half of the **tortilla**. Top with the **black bean chilli** and a generous handful of **vegan mozzarella**. Fold the **tortilla** over into a half moon shape - this is your **quesadilla**. Repeat.



6 Fry quesadillas

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **quesadillas** and cook for 3-4 min, pressing down with a spatula. Flip and cook for a further 3-4 min or until each side is lightly browned and crisp. Repeat this process with the remaining **quesadillas**. Serve the **avo lime crema** on the side.

Tip! When flipping, place your spatula at the open side of the tortilla, so the closed, folded, side remains on the pan when flipping.