

Cheesy Veggie Filled Quesadillas

with Avo Lime Crema

hellóchef

Avo crema is a decadent alternative to guacamole, and perfect for dipping!

Cals 1205 • Prot 49 • Carbs 122 • Fat 61

Vegetarian

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🕒 cook: 30 min

R3195



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 | |
|----------------------------|-------|-------|-------|-------|
| Red onion | 1 | 1 | 2 | Piece |
| Garlic cloves | 1 | 2 | 2 | Piece |
| Red pepper | 1 | 2 | 2 | Piece |
| Yellow pepper | 1 | 1 | 2 | Piece |
| Black beans | 240 | 240 | 480 | Grams |
| Sweet corn kernels | 122 | 122 | 244 | Grams |
| Vegetable oil | 1 | 1 | 2 | Tbsp |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Chipotle powder | 2 | 2 | 2 | Grams |
| Fajita seasoning | 10 | 15 | 20 | Grams |
| Grated orange cheddar 4* | 60 | 90 | 120 | Grams |
| Grated mozzarella 4* | 150 | 200 | 300 | Grams |
| 8" tortilla wraps 10*, 11* | 4 | 6 | 8 | Piece |
| Jalapeno slices | 30 | 45 | 60 | Grams |
| Avo lime crema | | | | |
| Avocado | 1 | 2 | 2 | Piece |
| Lime | 1 | 2 | 2 | Piece |
| Sour cream 4* | 60 | 90 | 120 | Grams |
| Salt | 0.5 | 1 | 1 | Tsp |

Allergens

*4 Milk, *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) | 5036 / 1205 |
| Fat (g) | 61.4 |
| of which saturates (g) | 28.2 |
| Carbohydrate (g) | 122 |
| of which sugars (g) | 16.7 |
| Fiber (g) | 20.5 |
| Protein (g) | 48.5 |
| Salt (g) | 5.6 |

*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 finely chop the **onion**. Peel and mince the **garlic**. De-seed and roughly chop the **peppers**. Drain and rinse the **black beans** and **sweet corn**.



2 Fry

Heat non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **peppers** with a pinch of **salt**. Cook for 5-6 min until softened, then add the **garlic**, **chipotle (spicy!)**, **fajita seasoning**, **black beans** and **sweet corn**. Cook for 2 min further. Remove from the heat and stir through the **cheeses**.



3 Avo lime crema

Meanwhile, 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 and **sour cream**. Mash with a fork until smooth. Alternatively, use a food processor or blender to get it really smooth. Season with plenty of **salt**.



4 Assemble

Divide 1/4 of the **cheesy bean mixture** over one half of the **tortilla**. Top with the **jalapeno slices (spicy!)**. Fold the **tortilla** over into a half moon shape - this is your **quesadilla**. Repeat.



5 Fry

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**.



6 Serve

Slice the **quesadillas** into triangles and serve the **avo lime crema** on the side.