

Cheesy Veggie Filled Quesadillas

with Avo Lime Crema

hellóchef

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

Cals 1198 • Prot 51 • Carbs 124 • Fat 55

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)	5006 / 1198
Fat (g)	55
of which saturates (g)	26.6
Carbohydrate (g)	124
of which sugars (g)	16.9
Fiber (g)	21.6
Protein (g)	50.8
Salt (g)	3.8

*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 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 quesadillas

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.