



SWEET POTATO & CARMELISED ONION QUESADILLAS

with Zesty Avocado Salsa



Master caramelised
onions



Sweet Potato



All-American
Spice Blend



Red Onion



Lemon



Chives



Tomato



Avocado



Mini Flour
Tortillas



Shredded Cheddar
Cheese



Hands-on: **30** mins
Ready in: **35** mins

You won't believe how sweet potato plus cheese transforms into a hearty and delicious filling for quesadillas. With caramelised onion and a creamy salsa, we've reinvented the classic quesadilla with an American touch and we're guessing you won't look back!

Pantry Staples: Olive Oil, Balsamic Vinegar,
Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



1 ROAST THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. Peel the **sweet potato** and cut into 1cm chunks. Place the sweet potato and **All-American spice blend** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and toss to coat. Roast for **20 minutes** or until just tender. **TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time!



2 MAKE CARMELISED ONION

While the sweet potato is roasting, thinly slice the **red onion**. In a medium frying pan, heat the **butter** and a **drizzle** of **olive oil** over a medium-high heat. Add the onion and cook, stirring, for **5-6 minutes** or until softened. Add the **balsamic vinegar** and cook for a further **3-5 minutes** or until dark and sticky. **TIP:** Stand back! Vinegar emits a strong vapour when heated.



3 PREP THE VEG

Zest the **lemon** (see ingredients list) to get a **generous pinch**, then slice into wedges. Finely chop the **chives**. Roughly chop the **tomato**. Dice the **avocado** into 1cm chunks. Transfer the roasted **sweet potato** to a bowl and roughly mash with a potato masher or fork. Stir through the lemon zest and the **salt**.



4 BAKE THE QUESADILLAS

Place **1/2** the **mini flour tortillas** (see ingredients list) on the oven tray lined with baking paper, top with the **sweet potato mixture**, some **caramelised onion**, some **chives** (save some for the salsa) and **shredded Cheddar cheese**. Top with remaining tortillas. Press down on the tortillas gently with the spatula. Brush or spray the tortillas with a **drizzle** of **olive oil**. Bake for **5-6 minutes**, or until the cheese has melted and the tortillas are golden.



5 MAKE THE AVOCADO SALSA

While the quesadillas are baking, combine the **tomato**, **avocado** and **remaining chives** in a medium bowl. Squeeze in some **lemon juice** and **drizzle** with a little **olive oil**. Season with **salt** and **pepper** and stir to combine.



6 SERVE UP

Cut the quesadillas into quarters and divide between plates. Top with the avocado salsa.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|--------------------------|------------------|-------------------|
| olive oil* | refer to method | refer to method |
| sweet potato | 2 | 4 |
| All-American spice blend | 1 sachet | 2 sachets |
| red onion | 2 | 4 |
| butter* | 20 g | 40 g |
| balsamic vinegar* | 2 tbs | 4 tbs |
| lemon | ½ | 1 |
| chives | 1 bunch | 1 bunch |
| tomato | 2 | 4 |
| avocado | 1 | 2 |
| salt* | ¼ tsp | ½ tsp |
| mini flour tortillas | 8 | 16 |
| shredded Cheddar cheese | 1 packet (100 g) | 2 packets (200 g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|------------------|----------------|
| Energy (kJ) | 4320kJ (1030Cal) | 575kJ (137Cal) |
| Protein (g) | 31.4g | 4.2g |
| Fat, total (g) | 50.4g | 6.7g |
| - saturated (g) | 20.8g | 2.8g |
| Carbohydrate (g) | 105g | 14.0g |
| - sugars (g) | 29.0g | 3.9g |
| Sodium (g) | 1480mg | 197mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK7

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