



Chorizo-Capsicum Quesadillas & Avo Salsa

with Cannellini Beans and Melty Cheddar Cheese

Grab your Meal Kit with this symbol



Mild Chorizo



Capsicum



Cannellini Beans



Tex-Mex Spice Blend



Mild Chipotle Sauce



Soffritto Mix



Mini Flour Tortillas



Shredded Cheddar Cheese



Avocado



Coriander



Beef Mince

Prep in: **15-25 mins**
Ready in: **30-40 mins**

Cheesy chorizo and cannellini bean goodness is loaded into soft tortilla wraps perfect for devouring in as few bites as possible. These handheld parcels are so good, that they will go down in the history books!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	1 packet (250g)	2 packets (500g)
capsicum	1	2
cannellini beans	½ packet	1 packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
mild chipotle sauce	1 packet	2 packets
soffritto mix	1 medium bag	1 large bag
water*	⅓ cup	⅔ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 large packet	2 large packets
avocado	1	2
coriander	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4374kJ (1045Cal)	684kJ (163Cal)
Protein (g)	48.3g	7.6g
Fat, total (g)	64.9g	10.2g
- saturated (g)	22.7g	3.6g
Carbohydrate (g)	60.9g	9.5g
- sugars (g)	14.7g	2.3g
Sodium (mg)	2970mg	465mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3893kJ (930Cal)	609kJ (146Cal)
Protein (g)	52.9g	8.3g
Fat, total (g)	50.9g	8g
- saturated (g)	18.2g	2.8g
Carbohydrate (g)	58.9g	9.2g
- sugars (g)	12.7g	2g
Sodium (mg)	1656mg	259mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

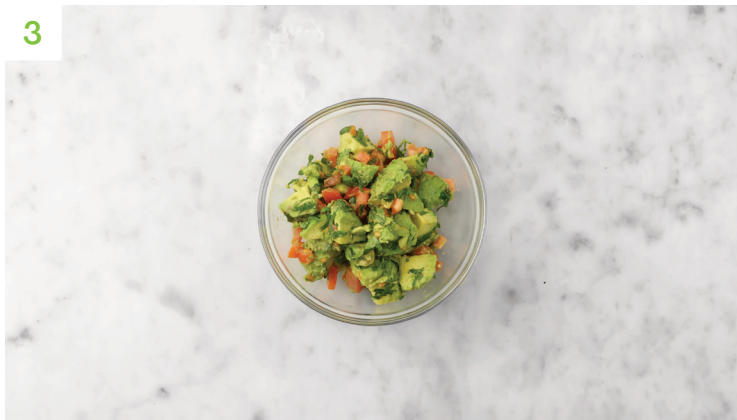
Scan here if you have any questions or concerns



Get prepped & cook the filling

- Preheat oven to **220°C/200°C fan-forced**. Cut **mild chorizo** into thin half-moons. Roughly chop **capsicum**. Drain and rinse **cannellini beans** (**see ingredients**).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum** and **chorizo** until golden, **4-5 minutes**.
- Add **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Add **beans**, **mild chipotle sauce**, **soffritto mix** and the **water** and cook until softened and starting to break down, **3-4 minutes**. Season to taste.

Custom Recipe: If you've swapped to beef mince, in a large frying pan, heat a drizzle of olive oil over high heat. Cook beef mince and capsicum, breaking up with a spoon, until just browned, 3-4 minutes. Drain oil from pan before adding the Tex-Mex spice blend for best results.



Make the salsa

- Meanwhile, slice **avocado** in half, then scoop out the flesh and roughly chop. Roughly chop **coriander**.
- In a small bowl, combine **avocado**, **coriander** and a drizzle of the **white wine vinegar** and **olive oil**. Season to taste.



Make the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray (if your tray is getting crowded, spread across two trays).
- Spoon chorizo filling onto one half of each **tortilla**, then top with **shredded Cheddar cheese**.
- Fold the empty half of each **tortilla** over to enclose the filling and press down gently with a spatula. Brush (or spray) with **olive oil**. Season with **salt** and **pepper**.
- Bake **quesadillas** until cheese is melted and tortillas are golden, **8-12 minutes**. Spoon any overflowing filling and cheese back into the quesadillas.



Serve up

- Divide chorizo-capsicum quesadillas between plates.
- Top with avo salsa to serve. Enjoy!

Rate your recipe

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