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Cheesy Chicken Quesadillas with Avocado Smash

These perfectly cheesy quesadillas are one part crispy, one part fresh and all parts tasty. Its crowning glory is a creamy avocado smash – so give your avo a squeeze in the morning and if it's not perfectly ripe, pop it in a paper bag with a banana or two in a sunny spot. The ethylene gas released will ripen it in no time!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



eat me early



high protein

Pantry Items



Olive Oil



Free Range Chicken Thighs



Avocado



Lemon



Mini Flour Tortillas



Cheddar Cheese



Birdseye Chilli



Red Onion



Baby Spinach Leaves



Coriander

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2P	4P	Ingredients
1 tsp	2 tsp	olive oil *
1 packet	2 packets	free range chicken thighs
½	1	avocado (recommended amount)
1	2	lemon, cut into wedges
6	12	mini flour tortillas
		olive oil spray (or just brush lightly with extra olive oil)
1 block	2 blocks	Cheddar cheese, grated
1	2	birdseye chilli, deseeded & finely chopped
½	1	red onion, very finely sliced
1 bag	2 bags	baby spinach leaves, washed
1 bunch	2 bunches	coriander, leaves picked

⊕ Ingredient features in another recipe

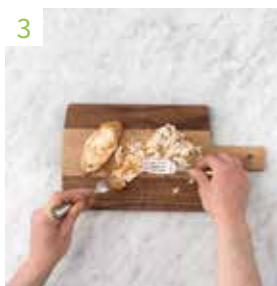
* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	3870	Kj
Protein	55.9	g
Fat, total	56	g
-saturated	19.6	g
Carbohydrate	46.4	g
-sugars	4.2	g
Sodium	891	mg

3



You will need: *chef's knife, chopping board, box grater, medium ovenproof frying pan, tongs, two forks, small bowl and oven tray lined with baking paper.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Heat half of the **olive oil** in a medium ovenproof frying pan over a medium heat. Season the **chicken thighs** with **salt** and **pepper** and cook for **2 minutes** on each side, and then transfer the frying pan to the oven and cook for a further **10 minutes**. This is a good time to prep all of your ingredients.

Tip: If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.

3 Remove the chicken from the oven and shred the chicken into pieces using two forks.

4 In a small bowl mash the **avocado** and the juice of half of the **lemon** wedges. Season with salt and pepper and set aside.

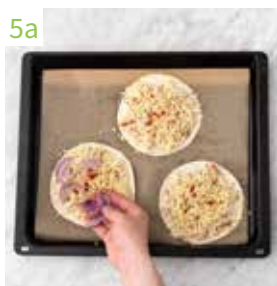
5 Place half of the **mini flour tortillas** on the prepared oven tray and spray or brush lightly with olive oil. Turn the oiled side down. Top each tortilla with some shredded chicken, grated **Cheddar cheese**, **birdseye chilli**, **red onion** and a small handful of the **baby spinach leaves**. Top with the remaining tortillas and spray or brush lightly with some more oil. Press down lightly to flatten. Cook in the oven for **5-10 minutes** or until golden.

6 To serve, cut into wedges and top with the smashed avocado and **coriander** leaves. Garnish with remaining lemon wedges and baby spinach leaves for some extra greens.

4



5a



5b

