



Chicken and Pineapple Mini Quesadillas

with Green Bell Pepper & Lime Crema

PRONTO

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Flour Tortillas



Green Bell Pepper



Pineapple



Red Onion, chopped



Lime



Cilantro



Mexican Seasoning



Chipotle Powder



Monterey Jack Cheese, shredded



Sour Cream

HELLO PINEAPPLE

This tropical fruit is pollinated by hummingbirds!

START HERE

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Heat Guide for Step 3:

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust Out

Baking Sheet, Large Bowl, Measuring Spoons, Paper Towels, Small Bowl, Zester, Large Non-Stick Pan, Aluminum Foil

Ingredients

| | 2 Person | 4 Person |
|--------------------------------|----------|----------|
| Chicken Breasts | 2 | 4 |
| Flour Tortillas | 6 | 12 |
| Green Bell Pepper | 200 g | 400 g |
| Pineapple | 95 g | 190 g |
| Red Onion, chopped | 56 g | 113 g |
| Lime | 1 | 2 |
| Cilantro | 7 g | 14 g |
| Mexican Seasoning | 1 tbsp | 2 tbsp |
| Chipotle Powder | 1 tsp | 1 tsp |
| Monterey Jack Cheese, shredded | ½ cup | 1 cup |
| Sour Cream | 6 tbsp | 12 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP

Roughly chop **cilantro**. Cut **pineapple** into ¼-inch slices. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Core, then cut **pepper** into ¼-inch slices. Pat **chicken** dry with paper towels, then cut into ½-inch pieces.



4. ASSEMBLE QUESADILLAS

Remove pan from heat. Transfer **chicken** to a large bowl and set aside. Wipe the pan clean. Add **veggies, pineapple, lime zest** and **half the cilantro** to the bowl with **chicken**. Stir to coat. On a clean surface, arrange **tortillas**. Divide **chicken filling** on one side of **each tortilla**. Sprinkle over **cheese**. Carefully, fold the other side of **tortilla** over **filling**.



2. BROIL VEGGIES

Toss **peppers, pineapple, onions** and **1 tbsp oil** (dbl for 4 ppl) on a foil-lined baking sheet. Season with **salt** and **pepper**. Broil in the **middle** of the oven, tossing halfway through cooking, until **peppers** are tender, 8-10 min.



5. FINISH QUESADILLAS

Heat the same pan over medium heat. When hot, add **three quesadillas**. Cook, until golden-brown, 1-2 min per side. Repeat with **remaining quesadillas**. Meanwhile, stir together **sour cream, remaining cilantro** and **2 tsp lime juice** (dbl for 4 ppl) in a small bowl.



3. COOK CHICKEN

While **veggies** broil, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken, Mexican seasoning** and **¼ tsp chipotle**. (**NOTE:** Reference Heat Guide.) Season with **salt** and **pepper**. Cook, stirring often, until **chicken** is cooked through, 4-5 min. **** (NOTE:** Cook in batches for 4 ppl.)



6. FINISH AND SERVE

Cut **quesadillas** into triangles and divide between plates. Serve with **crema** and any **remaining filling** on the side. Squeeze over a **lime wedge**, if desired.

Dinner Solved!