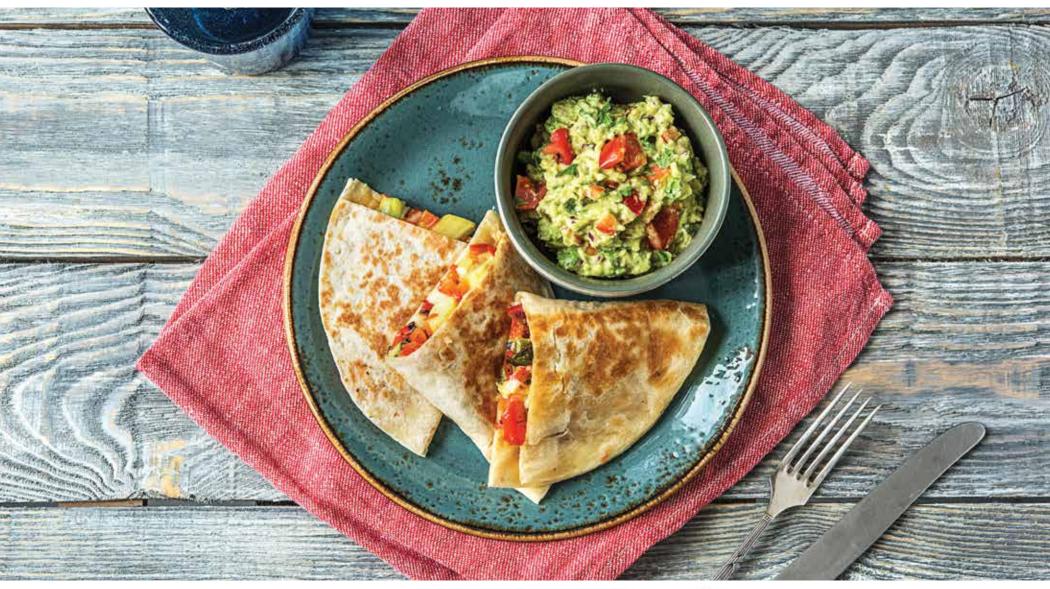


ROASTED VEGETABLE QUESADILLAS

with Smoky Chipotle Mayo and Guacamole





HELLO -**CHIPOTLE MAYO**

Make the smoky, creamy condiment your way with just the right amount of heat

PREP: 10 MIN



Red Bell Pepper



Plum Tomato



Asparagus, trimmed



Avocado



Red Onion, sliced



Chipotle Powder Flour Tortillas 6"

Dried Oregano



Fresh Cilantro



Lime



TOTAL: 30 MIN CALORIES: 760

- Measuring Spoons
- · Baking Sheet
- Zester
- Medium Bowl
- Small Bowl
- Large Non-Stick
 - Salt
 - Pepper
 - · Olive or Canola oil

INGPEDIENTS

INGREDIENTS	
	2-person
• Red Bell Pepper	230 g
Asparagus, trimmed	1 pkg (170 g)
• Red Onion, sliced	1 pkg (113 g)
Dried Oregano	1 pkg (2 tsp)
Fresh Cilantro	1 pkg (10 g)
• Lime	1
• Plum Tomato	140 g
Avocado	1
• Mayonnaise 3	3 pkg (2 tbsp)
• Chipotle Powder 🥒	1 pkg (1/2 tsp)
• Flour Tortillas 6" 1	6
• Mozzarella, shredded 2	1 pkg (2 cup)

LLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- O Seafood/Fruit de Mer 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites 4 Soy/Soja

START STRONG

Preheat the oven to 450°F (to roast the veggies). Start prepping when the oven comes up to temperature!



Wash and dry all produce. Core and thinly slice the **bell pepper**. Cut the asparagus into 1-inch pieces. Finely chop some of the red onion strips until you have 2 tbsp chopped red onion.



ROAST VEGGIES Toss the bell pepper, asparagus and remaining red onion strips on a baking sheet with the dried oregano and a drizzle of oil. Season with salt and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until veggies are golden-brown, 18-20 min.



MAKE GUACAMOLE Meanwhile, finely chop the cilantro. Zest, then juice the lime. Cut the tomato into ½-inch cubes. Peel and cut the avocado into 1/2-inch cubes. In a medium bowl, mash the avocado, lime zest and **1 tbsp lime juice** together using a fork. Stir in the tomato, chopped onion and cilantro. Season with salt and pepper.



MAKE MAYO In a small bowl, combine the **mayo** with as much chipotle powder as you like. Divide the chipotle mayo between tortillas and spread to the edges.



COOK QUESADILLAS When the **veggies** are roasted, heat a large non-stick pan over medium heat. Add one tortilla, mayo-side up, to the pan. Top with some veggies and mozzarella. Fold the other half of the tortilla over the filling. Cook until goldenbrown and crisp, 1-2 min per side. Repeat cooking with remaining tortillas.



FINISH AND SERVE Cut the warm quesadillas into wedges. Divide the quesadillas between plates and serve with the guacamole.

RAINBOW BRIGHT!

This veggie medley will add colour to your day.

