



ROASTED VEGETABLE QUESADILLAS

with Beets, Carrots and Guacamole

VEGGIE



HELLO

CHIPOTLE MAYO

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

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 740



Beet-Carrot Blend



Avocado



Red Bell Pepper



Mozzarella Cheese, shredded



Chipotle Chili Powder



Lime



Flour Tortillas, 6"



Dried Oregano



Roma Tomato



Cilantro



Red Onion, sliced

BUST OUT

- Measuring Spoons
- Medium Bowl
- Large Non-Stick Pan
- Salt and Pepper
- Zester
- Olive or Canola oil
- Small Bowl

INGREDIENTS

2-person

- Beet-Carrot Blend 170 g
- Avocado 1
- Red Bell Pepper 190 g
- Mozzarella Cheese, shredded 2 113 g
- Chipotle Chili Powder 🌶️ 1 tsp
- Lime 1
- Flour Tortillas, 6" 1 6
- Dried Oregano 1 tsp
- Roma Tomato 80 g
- Cilantro 10 g
- Red Onion, sliced 56 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

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

*Laver et sécher tous les aliments.



START STRONG

In step 4, taste and add more lime juice ½ tsp at a time, if you want a tangy-er guacamole! You can also squeeze over a lime, if desired.



1 PREP Wash and dry all produce.* Core and thinly slice the **bell pepper**. Finely chop **2 tsp onion stirps** and set aside the **remaining** onion strips.



2 COOK VEGGIES Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **peppers, beet-carrot blend, dried oregano, remaining red onion strips** and as much **chipotle** as you like. Cook, stirring often, until the peppers are tender-crisp 6-7 min. Remove the pan from the heat and transfer the veggies to a medium bowl. Set aside.



3 PREP GUACAMOLE Meanwhile, finely chop the **cilantro**. Zest, then juice **half the lime**. Cut the **remaining** lime into wedges. Cut the **tomato** into ½-inch cubes. Halve and pit the **avocado**, then scoop the flesh into a small bowl. Using a fork, mash the avocado.



4 MAKE GUACAMOLE In the small bowl with the **avocado**, stir in the **lime zest** and **1 tbsp lime juice**. Add the **tomatoes, chopped onion** and **cilantro**. Season with **salt** and **pepper**. Set aside.



5 COOK QUESADILLAS Heat the same pan over medium heat. Add **one tortilla** and top **one half** with some **veggies** and **mozzarella**. Fold the other half of the tortilla over the filling and cook until golden-brown and crisp, 1-2 min per side. Repeat with **remaining** tortillas.



6 FINISH AND SERVE Cut the warm **quesadillas** into wedges and divide between plates. Serve with the **guacamole**. Squeeze over a **lime wedge**, if desired.

RAINBOW BRIGHT!

This veggie medley will add colour to your day.