

Printfid00181hero chargilledzucchini badge

Chargrilled Zucchini

and Hummus Quesadilla



20-30min



4 Portions

Layer up! With stacks of veggies, including grilled zucchini, creamy avocado and crisp cucumber, not to mention beautifully-melted cheese, these quesadillas are an incredibly satisfying midweek meal. Top with the zesty tomato salad and get stuck in!

What we send

- baby rocket leaves
- hummus ¹¹
- coriander
- flour tortillas ¹
- cherry tomatoes
- lime
- smoked cheddar ⁷
- avocado
- Lebanese cucumber
- zucchini

What you'll require

- olive oil
- salt and pepper

Utensils

- large frypan
- mandoline (optional)
- pastry brush

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 615.0kcal, Fat 25.1g, Proteins 24.4g, Carbs 66.0g



1. Prepare zucchini

Using a mandoline or vegetable peeler, thinly slice the **zucchini** lengthwise.



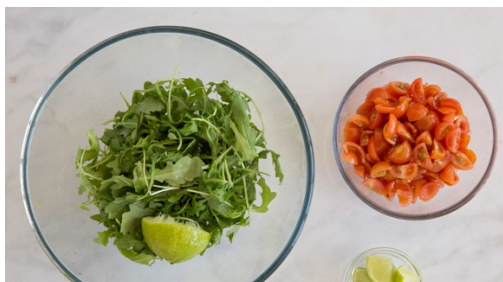
2. Cook zucchini

Heat a chargrill pan over high heat. Brush the **zucchini slices** with 2 tsp **oil** and season with **salt**. Chargrill for 1-2 mins each side until charred.



3. Prepare filling

Thinly slice the **cucumber**. Peel, stone and thinly slice the **avocado**. Finely grate the **cheese**.



4. Prepare salsa

Quarter the **cherry tomatoes**. Pick the **coriander** leaves (discard stems) and combine with the tomato. Squeeze over half the **lime juice** and stir through the **baby rocket**. Cut the remaining lime half into wedges.



5. Assemble quesadilla

Lay half the **tortillas** on a bench and spread each one with a little of the **hummus**, reserving some hummus to serve. Top with the **zucchini, cucumber, avocado** and **cheese**. Top with the remaining tortillas and press together lightly.



6. Cook quesadilla

Heat a large frypan over medium heat. Brush or spray the **tortillas** with **oil** and cook, 2 at a time, oil-side down, for 2 mins. Turn and cook for a further 2 mins or until the **cheese** is melted and tortilla is browned. Cut into wedges and serve with reserved **hummus, salad** and **lime wedges**.