

MARLEY SPOON



Al Pastor Quesadilla with Plant-Based Chicken

Pineapple Salsa & Crema



40-50min



2 Servings

With the perfect balance of spice and the bright sweetness of fresh pineapple, these cheesy plant chicken quesadillas hit all the taste buds. Tender plant-based chicken and pineapple simmer in a tangy red enchilada sauce before we add cheddar-jack cheese and nestle it all into flour tortillas. The quesadillas bake to toasted melty goodness while a quick pineapple-cilantro salsa and a drizzle of crema are the final touches.

What we send

- 1 yellow onion
- ¼ oz fresh cilantro
- 4 oz pineapple cup
- 8 oz pkg plant-based chicken ²
- 1 pkt al pastor spice
- 4 oz red enchilada sauce
- 2 oz shredded cheddar-jack blend ¹
- 2 (10-inch) flour tortillas ^{2,3}
- 1 lime
- 3 (1 oz) sour cream ¹

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)

Tools

- medium nonstick skillet
- rimmed baking sheet

Cooking tip

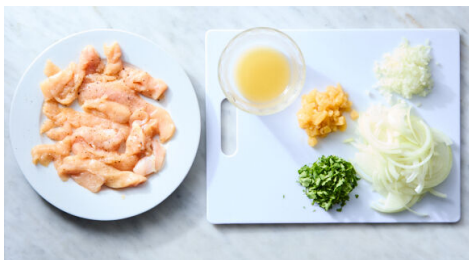
Before cutting the lime, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 30g, Carbs 57g, Protein 37g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center.

Halve and thinly slice **all of the onion**, then finely chop **3 tablespoons**. Coarsely chop **cilantro leaves and stems**. Drain and reserve **pineapple juice**; coarsely chop **pineapple bits**. Pat **plant-based chicken** dry, then cut into 1-inch pieces as needed; season all over with **salt** and **pepper**.



4. Bake quesadillas

Lightly **oil** a rimmed baking sheet. Lightly brush **tortillas** with **oil** and place on prepared baking sheet. Divide **plant chicken al pastor** among tortillas. Fold into half moons.

Bake **quesadillas** on center oven rack until filling is warm, cheese is melted, and tortillas are browned in spots, flipping halfway through cooking time, 10-15 minutes (watch closely as ovens vary).



2. Cook plant chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **sliced onions** and cook, stirring, until starting to soften, about 4 minutes. Add **plant chicken**; cook, stirring occasionally, until well browned, 5-7 minutes. Add **al pastor spice** and **½ of the pineapple bits**; cook, stirring, 1 minute more. Season to taste with **salt** and **pepper**. Transfer to a plate.



5. Make pineapple salsa

Meanwhile, cut **lime** into 6 wedges. In a small bowl, combine **chopped onions**, **remaining pineapple and cilantro**, and **juice of 1 lime wedge**. Season to taste with **salt** and **pepper**.

In a 2nd small bowl, whisk together **all of the sour cream** and **1 tablespoon water**. Season to taste with **salt** and **pepper**.



3. Cook sauce

In same skillet over medium-low heat, combine **red enchilada sauce**, **half of the cilantro**, and **reserved pineapple juice**. Cook, stirring, until **sauce** is reduced by half and slightly thickened, 2-3 minutes. Stir in **½ teaspoon vinegar**.

Remove skillet from heat and stir in **plant chicken**, **pineapple** and **cheese**.



6. Finish & serve

Serve **quesadillas** with **pineapple salsa** and **crema**. Enjoy!