



## Al Pastor Quesadilla with Plant-Based Chicken

Pineapple Salsa & Crema



20-30min



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
- ½ lb pkg plant-based chicken <sup>6</sup>
- 1 pkt al pastor spice
- 4 oz red enchilada sauce
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 2 (10-inch) flour tortillas <sup>1,6</sup>
- 1 lime
- 3 (1 oz) sour cream <sup>7</sup>

## 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

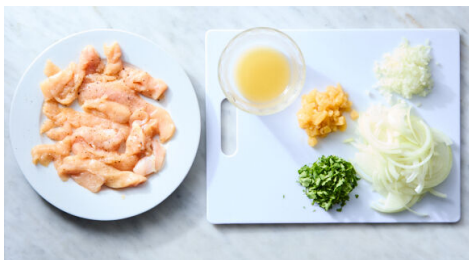
Before cutting the lime, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

## Allergens

Wheat (1), Soy (6), Milk (7). 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!