



## Squash and sweet potato quesadilla Free Recipe 10042025

### Description

### Recipe

#### Squash and sweet potato quesadilla

Soured cream is added to roasted, spiced sweet potato and squash for an extra creamy filling, topped with cheese and roasted seeds. Serve these veggie quesadillas with salsa and guacamole.

This recipe is based on the squash and sweet potato quesadilla served at La Choza in Brighton. It has been adapted to make it easier to cook in a domestic kitchen.

[Banzai Japan MV](#)

[https://www.youtube.com/watch?v=k\\_vQsyC\\_F1A](https://www.youtube.com/watch?v=k_vQsyC_F1A)

### Shopping List

Fruit and vegetables 2 ripe avocados, peeled, stone removed and roughly chopped 1 small butternut squash, peeled, seeds removed and cut into 2cm/¾in pieces small handful coriander, chopped 1 garlic clove, roughly chopped 1 lime, juice only 1 flame-roasted red pepper, de-seeded and chopped 2 small sweet potatoes, peeled and cut into 2cm/¾in pieces 4–5 fresh thyme sprigs, leaves picked 2 medium vine tomatoes, roughly chopped Cooking ingredients 50g/1¾oz whole blanched almonds, toasted salt and black pepper pinch caster sugar, to taste 4 tbsp chipotle salsa 4 tbsp olive oil drizzle olive oil drizzle olive oil 30g/1oz pumpkin seeds 1 tsp red wine vinegar 2 tbsp smoked paprika 30g/1oz sunflower seeds Baking and patisserie 8 large tortilla wraps Dairy, eggs and chilled 200g/7oz cheddar, grated 200g/7oz feta, crumbled 4 heaped tbsp soured cream

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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## Category

1. Country
2. All Recipes

## Tags

1. coriander
2. wine
3. small
4. potatoe
5. whole blanched almonds
6. handful coriander
7. garlic
8. potatoes
9. olive
10. soured
11. blanched almonds
12. small butternut squash
13. red pepper
14. seeds
15. roasted
16. cream
17. almonds
18. butternut squash
19. pepper
20. fresh
21. red
22. feta
23. blanched
24. squash
25. black pepper
26. juice
27. pinch
28. crumbled
29. medium vine tomatoes
30. butternut
31. black
32. tomatoes
33. thyme
34. feta crumbled
35. fresh thyme sprigs
36. ripe avocadoes
37. olive oil
38. limes
39. grated
40. cheddar
41. thyme sprigs

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42. ripe
43. paprika
44. chipotle
45. sunflower
46. cheddar grated
47. sprigs
48. avocados
49. smoked paprika
50. lime juice
51. large
52. large tortilla wraps
53. small sweet potatoes
54. wine vinegar
55. caster sugar
56. tortilla wraps
57. sunflower seeds
58. sweet potatoes
59. vinegar
60. soured cream
61. tortilla
62. smoked
63. small sweet potatoe
64. salt
65. vine tomatoes
66. wraps
67. pumpkin seeds
68. sweet potatoe
69. Egg-free
70. lime
71. red wine vinegar
72. medium
73. pumpkin
74. flame roasted red pepper
75. Vegetarian
76. garlic clove
77. sweet
78. whole
79. chipotle salsa
80. roasted red pepper
81. Squash and sweet potato quesadilla
82. clove
83. oil
84. vine
85. salsa
86. flame
87. sugar
88. cloves

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- 89. caster
- 90. handful
- 91. pinch caster sugar
- 92. small handful coriander

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admin

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