



MUSHROOM & BEAN QUESADILLAS

with Charred Corn Salsa



Char corn for extra flavour!



Brown Onion



Button Mushrooms



Garlic



Cheddar Cheese



Sweetcorn



Red Kidney Beans



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Tomato



Spring Onion



Greek Yoghurt



Hands-on: **25 mins**
Ready in: **35 mins**



Spicy (Mexican Fiesta spice blend)

Try a tasty twist on veggie quesadillas with these cheesy versions that use spiced mushrooms and red kidney beans as the hearty filling. With a charred corn salsa as a refreshing side, they're a clever spin on the Mexican classic!

Pantry Staples: Olive Oil, Butter, Vinegar
(White Wine Or Rice Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium frying pan** • **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion** (see ingredients list). Thinly slice the **button mushrooms** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Grate the **Cheddar cheese**. Drain the **sweetcorn** (see ingredients list). Drain and rinse the **red kidney beans** (see ingredients list). Transfer the red kidney beans to a medium bowl and roughly mash with a potato masher or fork.



4 BAKE THE QUESADILLAS

Bake the quesadillas until the cheese has melted and the tortillas are golden, **10-12 minutes**.



2 COOK THE FILLING

SPICY! *The spice blend is hot, use less if you're sensitive to heat.* In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring occasionally, until softened, **2-3 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** (see ingredients list) and cook until fragrant, **1 minute**. Add the sliced **mushrooms**, **butter** and another **drizzle of olive oil** and cook, stirring occasionally, until tender, **4-5 minutes**. Transfer to the bowl with the **red kidney beans** and stir to combine.



5 MAKE THE SALSA

While the quesadillas are baking, wash out the pan and return to a high heat. Add the **sweetcorn** to the pan. Cook until lightly charred, **3-4 minutes**. **TIP:** *Cover the frying pan with a lid if the kernels are popping out!* Finely chop the **tomato**. Thinly slice the **spring onion**. In a medium bowl, combine the charred corn, tomato and spring onion. Add the **vinegar** and a **drizzle of olive oil**. Mix well and season to taste with **salt** and **pepper**.



3 ASSEMBLE THE QUESADILLAS

Arrange **1/2** the **mini flour tortillas** (see ingredients list) over two oven trays lined with baking paper. Divide the **mushroom mixture** between the tortillas and sprinkle with grated **Cheddar cheese**. Top with the remaining tortillas and press down gently with a spatula. Brush or spray the tortillas with **olive oil** and season with **salt** and **pepper**.



6 SERVE UP

Cut the cheesy mushroom and bean quesadillas into quarters. Serve with the charred corn salsa and **Greek yoghurt** on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	½	1
button mushrooms	¾ punnet	1 ½ punnets
garlic	2 cloves	4 cloves
Cheddar cheese	1 block (100 g)	2 blocks (200 g)
sweetcorn	½ tin (150 g)	1 tin (300 g)
red kidney beans	½ tin	1 tin
Mexican Fiesta spice blend	½ sachet	1 sachet
butter*	20 g	40 g
mini flour tortillas	8	16
tomato	1	2
spring onion	1 bunch	1 bunch
vinegar* (white wine or rice wine)	2 tsp	4 tsp
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3880kJ (926Cal)	549kJ (142Cal)
Protein (g)	40.1g	6.2g
Fat, total (g)	40.9g	6.3g
- saturated (g)	19.2g	3.0g
Carbohydrate (g)	95.2g	14.6g
- sugars (g)	14.1g	2.2g
Sodium (g)	1710mg	262mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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