



# Chermoula & Sumac Cannellini Bean Quesadillas

with Plant-Based Cheese & Sour Cream

Grab your Meal Kit with this symbol



Tomato



Cannellini Beans



Carrot



Tomato Paste



Chermoula Spice Blend



Vegetable Stock Powder



Baby Spinach Leaves



Mini Flour Tortillas



Plant-Based Grated Cheese



Mixed Salad Leaves



Plant-Based Sour Cream



Turkish Sumac Seasoning

Hands-on: **15-25 mins**  
 Ready in: **20-30 mins**

Plant Based

Cannellini beans, gooey plant-based cheese and Middle-Eastern spices unite to make a hearty and delicious filling for these quesadillas. Simply spoon the cheesy filling onto tortillas, fold them in half and bake. Easy cheesy dinner coming right up!

### Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
cannellini beans	1 tin	2 tins
carrot	1	2
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
water*	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
plant-based butter*	20g	40g
baby spinach leaves	1 bag (30g)	1 bag (60g)
brown sugar*	pinch	pinch
mini flour tortillas	6	12
plant-based grated cheese	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
plant-based sour cream	1 medium packet	2 medium packets
Turkish sumac seasoning	1 sachet	2 sachets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3206kJ (766Cal)	659kJ (157Cal)
Protein (g)	19.6g	4g
Fat, total (g)	38.4g	7.9g
- saturated (g)	16g	3.3g
Carbohydrate (g)	77.4g	15.9g
- sugars (g)	11.2g	2.3g
Sodium (mg)	2085mg	428mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## 1 Cook the bean mixture

- Preheat oven to **220°C/200°C fan-forced**. Cut **tomato** into wedges. Drain and rinse **cannellini beans**. Grate **carrot**.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot**, stirring, until tender, **2-3 minutes**.
- Add **cannellini beans**, **tomato paste** and **chermoula spice blend** and cook until fragrant, **1 minute**.
- Add the **water**, **vegetable stock powder**, **plant-based butter**, **baby spinach leaves** and a pinch of **brown sugar** and simmer until thickened, **1-2 minutes**.
- Remove from the heat, then lightly mash **bean mixture** with a fork until some of the beans have broken up and sauce has thickened. Season to taste.



## 3 Make the salad

- Meanwhile, combine **tomato**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.



## 2 Bake the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray. Divide **bean mixture** between **tortillas**, spooning it onto one half of each **tortilla**, then top with **plant-based grated cheese**.
- Fold empty half of each **tortilla** over to enclose filling and press down with a spatula. Brush (or spray) **tortillas** with a drizzle of **olive oil**.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into quesadillas.

**TIP:** Place a sheet of baking paper and a second oven tray on top of quesadillas if they unfold during cooking.



## 4 Serve up

- Divide cannellini bean quesadillas and tomato salad between plates.
- Top with **plant-based sour cream**. Sprinkle **Turkish sumac seasoning** over quesadillas to serve.

## Enjoy!