



MEXICAN CHEESY BEAN QUESADILLAS

with Chipotle Sour Cream & Pickled Onion Salsa



Fold tortillas to make easy quesadillas!



Garlic



Corn



Red Kidney Beans



Red Onion



Tomato Paste



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato



Mild Chipotle Sauce



Sour Cream

Hands-on: **20-30** mins
Ready in: **35-45** mins

Spicy (Mexican Fiesta spice blend)

Red kidney beans and corn unite to make a hearty and delicious filling for these quesadillas. Simply spoon the filling onto tortillas and fold them in half, then sprinkle with cheese and bake. Easy cheesy dinner coming right up!

Pantry Staples: Olive Oil, Rice Wine Vinegar

BEFORE YOU START

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



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Slice the **corn** kernels from the cob. Drain and rinse the **red kidney beans**. Place in a bowl and roughly mash with a fork. Finely chop the **red onion**. In a small bowl, combine the **rice wine vinegar** and a **good pinch** of **sugar** and **salt**. Add **1/2** the **onion**, then add **enough water** to cover the onion. Stir to coat. Set aside until serving time.



2 COOK THE BEAN FILLING

SPICY! *The spice blend is hot, use less if you're sensitive to heat.* Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly browned, **3-4 minutes**. **TIP:** *Cover the pan with a lid if the kernels are "popping" out.* Reduce the heat to medium-high and add a **drizzle** of **olive oil** and the **garlic, red kidney beans** and **remaining onion**. Cook until softened, **2-3 minutes**. Add a **drizzle** more **olive oil** (if needed) along with the **tomato paste** and **Mexican Fiesta spice blend**. Cook until fragrant, **1 minute**. Stir in the **water**. Simmer until thickened, **1-2 minutes**. Season to taste with **salt** and **pepper**.



3 ASSEMBLE THE QUESADILLAS

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through. Arrange the **tortillas** over an oven tray lined with baking paper. Divide the **bean mixture** among the tortillas, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**. Fold the empty half of each tortilla over to enclose the filling and press down gently with a spatula. Brush or spray the **tortillas** with a **drizzle** of **olive oil** and season with **salt** and **pepper**.



4 BAKE THE QUESADILLAS

Bake the quesadillas until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon any overflowing bean filling and cheese back into the quesadillas. **TIP:** *You can place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.*



5 PREP THE TOPPINGS

While the quesadillas are baking, finely chop the **cucumber** and **tomato**. Drain the pickled **onion**. Place the **cucumber, tomato** and pickled **onion** in a bowl. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. In a second bowl, combine the **mild chipotle sauce** and **sour cream**.



6 SERVE UP

Divide the quesadillas between plates. Serve with the chipotle sour cream and pickled onion salsa.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
corn	1 cob	2 cobs
red kidney beans	1 tin	2 tins
red onion	1	2
rice wine vinegar*	¼ cup	½ cup
tomato paste	1 sachet	2 sachets
Mexican Fiesta spice blend	1 sachet	2 sachets
water*	½ cup	1 cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
cucumber	1	2
tomato	1	2
mild chipotle sauce	1 tub (40g)	2 tubs (80g)
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3520kJ (841Cal)	468kJ (112Cal)
Protein (g)	36.6g	4.9g
Fat, total (g)	36.5g	4.8g
- saturated (g)	18.0g	2.4g
Carbohydrate (g)	79.8g	10.6g
- sugars (g)	17.0g	2.3g
Sodium (g)	2080mg	277mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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