



Mexican Cheesy Bean Quesadillas

with Chipotle Sour Cream & Pickled Salsa

Grab your Meal Kit
with this symbol



Garlic



Sweetcorn



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 charred 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 items

Olive Oil, Rice 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
garlic	2 cloves	4 cloves
sweetcorn	½ tin	1 tin
red kidney beans	1 tin	2 tins
red onion	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend	1 sachet	1 sachet
water* (for the sauce)	½ cup	1 cup
mini flour		
tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
cucumber	1 (medium)	1 (large)
tomato	1	2
mild chipotle sauce	1 packet (40g)	2 packets (80g)
sour cream	1 small packet	1 large packet

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3490kJ (835Cal)	499kJ (119Cal)
Protein (g)	34.5g	4.9g
Fat, total (g)	37.0g	5.3g
- saturated (g)	18.3g	2.6g
Carbohydrate (g)	80.2g	11.5g
- sugars (g)	17.6g	2.5g
Sodium (mg)	2180mg	311mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Drain the **sweetcorn** (see ingredients list). Drain and rinse the **red kidney beans**. Place **beans** in a bowl and roughly mash with a fork. Set aside. Finely chop the **red onion**. In a small bowl, combine the **rice wine vinegar**, **water (for the pickle)** and a **good pinch of sugar** and **salt**. Add **1/2 the onion** to the pickling liquid and stir to coat. Set aside until serving.



2. Cook the 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 **sweetcorn** and cook until lightly charred, **3-4 minutes**. Reduce heat to medium-high, then add a **drizzle of olive oil**, the **garlic**, **red kidney beans** and **remaining onion**. Cook until softened, **2-3 minutes**. Add a **drizzle more olive oil** if needed, then add the **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add the **water (for the sauce)** and stir to combine. Simmer until thickened, **1-2 minutes**. Season to taste 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 overflowing bean filling and cheese back towards 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.



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 filling** between one half of each **tortilla** and top with **shredded Cheddar cheese**. Fold the other half of each tortilla over to close and press down gently with a spatula. Brush or spray the **tortillas** with a **drizzle of olive oil** and season with **salt** and **pepper**.



5. Prep the sides

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



6. Serve up

Divide the Mexican cheesy bean quesadillas between plates. Serve with the chipotle sour cream and pickled salsa.

Enjoy!