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WK30
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Mushroom & Caramelised Onion Quesadilla

These traditional cheesy quesadillas incorporate unexpected but delicious mushrooms for a rich umami hit and sweet burnished caramelised onions. The result? Crispy moreish slices oozing with cheese and rich filling - a perfect winter warmer indeed.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



high protein



high fibre

Pantry Items



Olive Oil



Brown Sugar



Sliced Mushrooms



Garlic



Paprika



Red Kidney Beans



Red Onion



Mini Flour Tortillas



Birdseye Chilli



Cheddar Cheese



Baby Spinach



Avocado



Lemon



Coriander

V3

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 punnet	2 punnet	sliced mushrooms
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	paprika (recommended amount)
1 tin	2 tins	red kidney beans, rinsed & drained
½	1	red onion, sliced
½ tsp	1 tsp	brown sugar *
6	12	mini flour tortillas
1	2	birdseye chilli, deseeded & finely chopped
1 bag	2 bags	baby spinach
1 block	2 blocks	Cheddar cheese, grated
½	1	avocado (recommended amount)
½	1	lemon, juiced
1 bunch	2 bunches	coriander, finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3500	Kj
Protein	34.1	g
Fat, total	43.6	g
-saturated	15	g
Carbohydrate	67.8	g
-sugars	53.3	g
Sodium	1010	mg



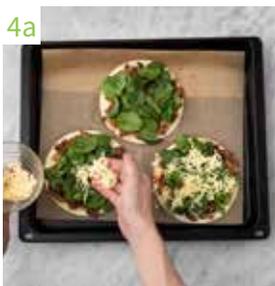
You will need: chef's knife, chopping board, garlic crusher, sieve, box grater, medium frying pan, wooden spoon, oven tray lined with baking paper, and a medium bowl.

1 Preheat the oven to **200°C/180°C fan-forced**.

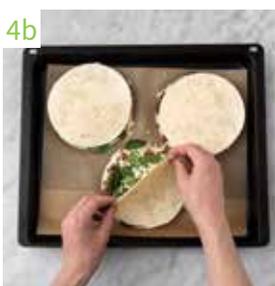
2 Heat half the **olive oil** in a medium frying pan over medium heat. Add the **sliced mushroom**, season with **salt** and **pepper** and cook for **4 minutes**, or until the mushroom is soft. Add the **garlic** and **paprika** and cook for **1 minute**, or until fragrant. Add the **red kidney beans** and cook, mashing with a wooden spoon, until lightly smashed and heated through. Set aside in a medium bowl.



3 Using the same frying pan, heat the remaining olive oil over a medium heat. Add the **red onion** and cook for **2 minutes**, without stirring, then add the **brown sugar**. Cook for a further **3 minutes**, stirring only every so often. Set aside.



4 Place half the **mini flour tortillas** out on the prepared oven tray and spray or brush lightly with a little olive oil. Turn the oiled side down. Top each tortilla with some mushroom, caramelised onion, **birdseye chilli**, a handful of **baby spinach** and the **Cheddar cheese**. Top with the remaining tortillas and spray or brush lightly with more olive oil. Cook in the oven for **10 minutes** or until golden.



5 Meanwhile, mash the **avocado** in a medium bowl. Season with salt and pepper and stir through the **lemon juice** and half the chopped **coriander**.

6 Halve the quesadillas and top with the guacamole and the remaining coriander.

Did you know? Lemons are a powerful and versatile natural beauty product.