



Cheesy Kidney Bean Quesadillas

with Chipotle Sour Cream & Salsa

MEAT-FREE MARVELS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Corn



Red Kidney Beans



Red Onion



Tomato Paste



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Cheddar Cheese



Cucumber



Tomato



Mild Chipotle Sauce



Light Sour Cream



Diced Bacon

Prep in: 20-30 mins
Ready in: 35-45 mins

Celebrate World Vegetarian Month and find your balance with our Meat-Free Marvels. Red kidney beans and Cheddar unite to make a hearty and delicious filling for these quesadillas. Simply spoon the filling onto tortillas, fold them in half, then bake.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
corn	1 cob	2 cobs
red kidney beans	1 packet	2 packets
red onion	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
tomato paste	1 packet	2 packets
Mexican fiesta spice blend	1 sachet	2 sachets
water*	½ cup	1 cup
mini flour tortillas	6	12
Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
tomato	1	2
mild chipotle sauce	1 packet	2 packets
light sour cream	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3167kJ (757Cal)	477kJ (114Cal)
Protein (g)	34.1g	5.1g
Fat, total (g)	27.6g	4.2g
- saturated (g)	11.2g	1.7g
Carbohydrate (g)	90g	13.6g
- sugars (g)	22.6g	3.4g
Sodium (mg)	1686mg	254mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3555kJ (850Cal)	502kJ (120Cal)
Protein (g)	41g	5.8g
Fat, total (g)	34.3g	4.8g
- saturated (g)	13.7g	1.9g
Carbohydrate (g)	90.8g	12.8g
- sugars (g)	23.1g	3.3g
Sodium (mg)	2117mg	299mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**.
- Slice **corn** kernels off the cob.
- Drain and rinse **red kidney beans**.
- Place **kidney beans** in a bowl and roughly mash with a fork.
- Finely chop **red onion**.
- In a medium bowl, combine the **vinegar**, half the **onion** and a good pinch of **sugar** and **salt**. Add just enough water to cover the **onion**, then set aside.



Bake the quesadillas

- Bake **quesadillas** until the cheese is melted and the tortillas are golden, **10-12 minutes**.
- Spoon any overflowing filling 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.



Cook the corn & beans

- Heat a large frying pan over high heat. Cook **corn**, until lightly charred, **3-4 minutes**.
- **SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat. Reduce heat to medium-high, then add a drizzle of **olive oil** and **garlic**, **red kidney beans** and remaining **onion**. Cook, stirring, until softened, **2-3 minutes**. Add a drizzle more **olive oil** (if needed), **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.
- Add the **water** and stir to combine. Simmer until thickened, **1-2 minutes**. Season with **salt** and **pepper**.

Custom Recipe: If you've added diced bacon, cook bacon before corn kernels. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer to a plate. Continue as above.



Make the salsa & sauce

- While the quesadillas are baking, finely chop **cucumber** and **tomato**.
- Drain **pickled onion**, then top with the **cucumber**, **tomato** and a drizzle of **olive oil**. Season, toss to coat and set aside.
- **SPICY!** The chipotle sauce is mild, but use less if you're sensitive to heat! In a small bowl, combine the **mild chipotle sauce** and **light sour cream**.



Assemble the quesadillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through. Arrange on a lined oven tray.
- Divide the **bean mixture** among the **tortillas**, spooning it onto one half of each tortilla, then top with **Cheddar cheese**.
- Fold the other half of each **tortilla** over to close and press down gently with a spatula. Brush with a drizzle of **olive oil** (or spray with olive oil spray).

Custom Recipe: Divide the bean mixture and cooked bacon among the tortillas as above.



Serve up

- Divide the quesadillas between plates.
- Serve with chipotle sour cream and salsa. Enjoy!

Rate your recipe

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