



Cheesy Bean Quesadillas

with Chipotle Sour Cream & Salsa

Grab your Meal Kit with this symbol



Garlic



Corn



Red Kidney Beans



Red Onion



Tomato Paste



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato




Mild Chipotle Sauce



Light Sour Cream

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

 Spicy (Mexican Fiesta spice blend)

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

The recent harsh weather conditions have impacted the cucumbers grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

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
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 packet	1 packets
Mexican Fiesta spice blend	1 sachet	2 sachets
water*	½ cup	1 cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 large packet	2 large packets
cucumber	1	2
tomato	1	2
mild chipotle sauce	1 packet	2 packets
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3663kJ (875Cal)	556kJ (133Cal)
Protein (g)	33.9g	5.1g
Fat, total (g)	42.4g	6.4g
- saturated (g)	19.9g	3g
Carbohydrate (g)	79.2g	12g
- sugars (g)	23.3g	12g
Sodium (mg)	2159mg	328mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**.

Finely chop the **garlic**. Slice the **corn** kernels off the cob. Drain and rinse the **red kidney beans**.

Place the **red kidney beans** in a bowl and roughly mash with a fork. Finely chop the **red onion**. In a medium bowl, combine the **rice wine vinegar**, 1/2 the **onion** and a good pinch of **sugar** and **salt**. Add just enough **water** to cover the **onion**, stir to coat and set aside.



Bake the quesadillas

Bake the **quesadillas** until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon 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

SPICY! You may find the spice blend hot! Add less if you're sensitive to heat. Heat a large frying pan over a high heat. Cook the **corn** kernels until lightly charred, **3-4 minutes**. Reduce heat to medium-high, 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), the **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**.



Make the salsa & sauce

SPICY! Chipotle sauce is a mild sauce, but use less if you're sensitive to heat! While the quesadillas are baking, finely chop the **cucumber** and **tomato**. Drain the liquid from the **onion**. Add the **cucumber** and **tomato** to the **onion**. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. In a second bowl, mix the **mild chipotle sauce** and **light sour cream**.



Assemble the quesadillas

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



Serve up

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

Enjoy!