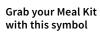


# Mexican Cheesy Bean Quesadillas with Chipotle Sour Cream & Salsa











Red Kidney Beans





Red Onion

Tomato Paste

Mexican Fiesta Spice Blend



Mini Flour Tortillas

Shredded Cheddar Cheese







Mild Chipotle Sauce

Sour Cream

Tomato

**Pantry items** Olive Oil, Rice Wine Vinegar



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. Easy cheesy dinner coming right up!

# 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  $\cdot$  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*	3 tbs	6 tbs
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 large packet	2 large packets
cucumber	1	2
tomato	1	2
mild chipotle sauce	1 tub	2 tubs
cour croom	1 packet	1 packet

(100g)

sour cream
\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3674kJ (878Cal)	556kJ (132Cal)
Protein (g)	34.1g	5.2g
Fat, total (g)	42.4g	6.4g
- saturated (g)	20g	3g
Carbohydrate (g)	79.5g	12g
- sugars (g)	23.4g	3.5g
Sodium (mg)	2160mg	327mg

(200g)

#### 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 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 and add just enough water to cover. Stir to coat. Set aside until serving.



#### 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 and beans

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly browned, **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) with 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 to taste.

**TIP:** Cover the pan with a lid if the kernels are "jumping" out.



# Continue prepping

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, mix the **mild chipotle sauce** and **sour cream**.



# Assemble the quesadillas

Microwave the **mini flour tortillas** for **20-30 seconds**, or until heated. Arrange the **tortillas** over an oven tray lined with baking paper. Divide the **bean mixture** 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**.



Serve up

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

Enjoy!

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