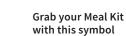


# Cheesy Kidney Bean Quesadillas with Chipotle Sour Cream & Salsa

MEAT-FREE MARVELS

CLIMATE SUPERSTAR

















Tomato Paste





Spice Blend



Mini Flour



Tortillas





Cucumber

Mild Chipotle Sauce







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.

**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

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	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)	⅓ 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)		

<sup>\*</sup>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)	<b>502kJ</b> (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.



## 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.



# 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.



# 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.



## 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.



# Serve up

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

#### Rate your recipe

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