



Short-Cut Cheesy Bean Quesadillas

with Chipotle Sour Cream & Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Corn Kernels



Red Kidney Beans



Pre-Chopped Onion



Tomato Paste



Garlic Paste



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Cheddar Cheese



Cucumber



Tomato



Mild Chipotle Sauce



Light Sour Cream



Diced Bacon

Prep in: 15-25 mins
Ready in: 30-40 mins

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

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

Pantry items

Olive Oil, White Wine Vinegar

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
corn kernels	1 small tin	2 small tins
red kidney beans	1 packet	2 packets
pre-chopped onion	1 medium bag	1 large bag
tomato paste	1 packet	2 packets
garlic 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
white wine vinegar*	drizzle	drizzle
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)	3195kJ (764Cal)	479kJ (114Cal)
Protein (g)	33.8g	5.1g
Fat, total (g)	28.9g	4.3g
- saturated (g)	11.3g	1.7g
Carbohydrate (g)	88g	13.2g
- sugars (g)	17.2g	2.6g
Sodium (mg)	1883mg	283mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3583kJ (856Cal)	504kJ (120Cal)
Protein (g)	40.7g	5.7g
Fat, total (g)	35.7g	5g
- saturated (g)	13.8g	1.9g
Carbohydrate (g)	88.8g	12.5g
- sugars (g)	17.7g	2.5g
Sodium (mg)	2313mg	325mg

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



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Drain **corn kernels**.
- Drain and rinse **red kidney beans**.

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

3



Assemble the quesadillas

- Arrange **mini flour tortillas** 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).
- Bake the 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.

Custom Recipe: Add the cooked bacon to the bean mixture and fill tortillas as above. Continue with step.

2



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **corn**, **pre-chopped onion** and **red kidney beans** until softened, **4-5 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 more **olive oil** (if needed), **tomato paste**, **garlic 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**.

4



Serve up

- While the quesadillas are baking, roughly chop **cucumber** and **tomato**.
- In a medium bowl, combine cucumber, tomato and a drizzle of **olive oil** and **white wine vinegar**. Season to taste
- In a small bowl, combine the **mild chipotle sauce** and **light sour cream**.
- Divide the quesadillas between plates. Serve with chipotle sour cream and salsa. Enjoy!

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