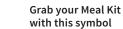


# Short-Cut Cheesy Bean Quesadillas with Chipotle Sour Cream & Salsa

CLIMATE SUPERSTAR









Corn Kernels



Pre-Chopped Onion

Tomato Paste





Garlic Paste

Mexican Fiesta Spice Blend





Mini Flour Tortillas

Cheddar Cheese



Cucumber

Tomato





Mild Chipotle Sauce

Light Sour Cream



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!

**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 Ingradients

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)		
At the state				

<sup>\*</sup>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)	<b>504kJ</b> (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

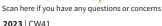
The quantities provided above are averages only.

## 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!





## 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.



# 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.



# 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.



# 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 guesadillas between plates. Serve with chipotle sour cream and salsa. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

