



Mexican Smashed Bean & Veggie Quesadillas

with Sour Cream & Tomato Salsa

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Black Beans



Sweetcorn



Brown Onion



Mexican Fiesta Spice Blend



Tomato Paste



Baby Spinach Leaves



Mini Flour Tortillas



Cheddar Cheese



Tomato



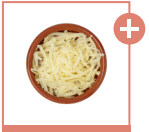
Coriander



Light Sour Cream



Beef Mince



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 25-35 mins

Stress less about dinnertime thanks to this dish with maximum flavour and minimal effort. Make an easy black bean filling for the quesadillas flavoured with our tasty spice blend, that works perfectly with sour cream and a refreshing tomato salsa.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
black beans	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
brown onion	1	2
Mexican Fiesta spice blend ↗	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water*	¼ cup	½ cup
butter*	20g	40g
baby spinach leaves	1 medium packet	1 large packet
mini flour tortillas	6	12
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
coriander	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3472kJ (830cal)	283kJ (68cal)
Protein (g)	33.4g	2.7g
Fat, total (g)	35.7g	2.9g
- saturated (g)	17.1g	1.4g
Carbohydrate (g)	85.4g	7g
- sugars (g)	19.2g	1.6g
Sodium (mg)	1471mg	120.1mg
Dietary Fibre (g)	19.2g	1.6g

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

2024 | CW34



Get prepped & cook the filling

- Preheat oven to **220°C/200°C fan-forced**.
- Drain and rinse **black beans**. Drain **sweetcorn**. Finely chop **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **black beans, onion** and **corn**, stirring, until tender, **2-3 minutes**. Lightly mash **black bean mixture** with a potato masher or fork.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- Stir in the **water, butter** and **baby spinach leaves**, until wilted and combined, **1-2 minutes**.



Make the tomato salsa

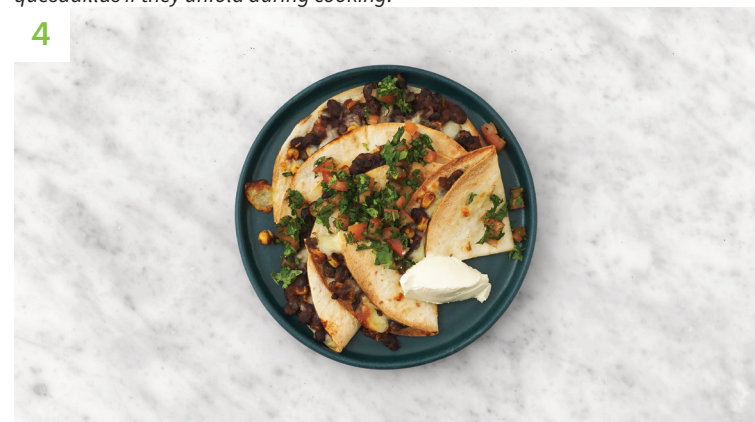
- Meanwhile, finely chop **tomato** and **coriander**.
- In a medium bowl, combine **tomato, coriander** and a drizzle of **white wine vinegar** and **olive oil**. Season.



Bake the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray. Divide **bean mixture** among **tortillas**, spooning it onto one half of each **tortilla**, then top with **Cheddar cheese**.
- Fold empty half of each **tortilla** over to enclose filling and press down with spatula. Brush or spray **tortillas** with a drizzle of **olive oil** and season with **salt** and **pepper**.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **8-10 minutes**. Spoon any overflowing **filling** and **cheese** back into quesadillas.

TIP: Place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.



Serve up

- Divide Mexican smashed bean and veggie quesadillas between plates.
- Top with tomato salsa. Serve with a dollop of **light sour cream**. Enjoy!

CUSTOM OPTIONS



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

