

Black Bean & Mushroom Quesadillas

with Charred Corn Salsa

Grab your meal kit with this number

33



Onion



Garlic



Black Beans



Mexican Fiesta Spice Blend



Sliced Mushrooms



Baby Spinach Leaves



Mini Flour Tortillas



Cheddar Cheese



Corn



Tomato



Light Sour Cream



Beef Mince



Cheddar Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins

 Eat Me First

Try a tasty twist on veggie quesadillas with these cheesy versions that use spiced mushrooms as the hearty filling. With a charred corn salsa as a refreshing side, they're a clever spin on the Mexican classic!

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

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
onion	1	2
garlic	2 cloves	4 cloves
black beans	½ packet	1 packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	2 medium sachets
sliced mushrooms	1 medium packet	1 large packet
butter*	20g	40g
baby spinach leaves	1 small packet	1 medium packet
mini flour tortillas	6	12
Cheddar cheese	½ large packet	1 large packet
corn	1 cob	2 cobs
tomato	1	2
vinegar* (white wine or rice wine)	drizzle	drizzle
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3627kJ (867cal)	533kJ (78cal)
Protein (g)	33.2g	4.9g
Fat, total (g)	38.4g	5.6g
- saturated (g)	17.3g	2.5g
Carbohydrate (g)	88.9g	13.1g
- sugars (g)	21.2g	3.1g
Sodium (mg)	1333mg	195.7mg
Dietary Fibre (g)	21.4g	3.1g

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.



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **onion**.
- Finely chop **garlic**.
- Drain and rinse **black beans (see ingredients)**.
- Transfer **black beans** to a medium bowl and roughly mash with a potato masher.



Bake the quesadillas

- Bake **quesadillas**, until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing **bean filling** and **cheese** 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 filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **onion** (reserve some for the salsa if you like!) and cook, stirring occasionally, until softened, **2-3 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add **sliced mushrooms**, the **butter** and another drizzle of **olive oil** and cook, stirring occasionally, until tender, **4-5 minutes**.
- Add **black beans** and **baby spinach leaves** and cook until wilted, **1 minute**.



Make the salsa

- While the quesadillas are baking, wash out the pan and return to high heat. Slice **corn kernels** from the cob, then add to the pan. Cook until lightly charred, **3-4 minutes**.
- Finely chop **tomato**.
- In a second medium bowl, combine **charred corn**, **tomato** and any **reserved onion**. Add a drizzle of **vinegar** and **olive oil**. Mix well and season to taste with **salt** and **pepper**.

TIP: Cover the frying pan with a lid if the kernels are "popping out!"



Assemble the quesadillas

- Arrange **mini flour tortillas** over an oven tray lined with baking paper.
- Divide the **bean filling** among **tortillas**, spooning it onto one half of each **tortilla**, then top with **Cheddar cheese (see ingredients)**.
- Fold the empty half of each **tortilla** over to enclose the filling and press down gently with a spatula. Brush or spray tortillas with a drizzle of **olive oil** and season with **salt** and **pepper**.



Finish & serve

- Divide black bean and mushroom quesadillas between plates.
- Serve with charred corn salsa and **light sour cream**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



CUSTOM OPTIONS

+ ADD BEEF MINCE

Cook with filling, 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.

