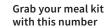


Black Bean & Mushroom Quesadillas

with Charred Corn Salsa















Black Beans

Mexican Fiesta Spice Blend





Sliced Mushrooms

Baby Spinach







Mini Flour Tortillas

Cheddar Cheese







Corn

Tomato



Light Sour Cream





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.



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.



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.



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.



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!".



Finish & serve

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



CUSTOM

OPTIONS



Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



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

