



# CHEESY BEAN QUESADILLA

with Parsley-Lemon Yoghurt



Make a parsley-lemon yoghurt



Parsley



Lemon



Mini Flour Tortillas



Brown Onion



Red Kidney Beans



Baby Spinach Leaves



Cheddar Cheese



Cucumber



Mild Mexican Spice Blend



Long Red Chilli (Optional)



Greek Yoghurt

*Pantry Staples*



Olive Oil



Salt



Balsamic Vinegar

Hands-on: **25** mins  
Ready in: **35** mins  
Spicy (optional long red chilli)

All hail the king of toasted breads, the cheesiest and most noble of dinner options, the mighty quesadilla! Tonight, we've crowned him with a tangy parsley-lemon yoghurt and a side of fresh green salad. A royal showing, to be sure.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, small bowl, spoon, medium frying pan, wooden spoon, bowl, paper towel** and a **spatula**.



### 1 GET PREPPED

Pick and finely chop the **parsley** leaves. Slice the **lemon** in wedges. Finely slice the **brown onion**. Drain and rinse the **red kidney beans**. Grate the **Cheddar cheese**. Finely dice the **cucumber**. Deseed and finely slice the **long red chilli (if using)**. **TIP:** Make sure you remove the seeds and white pith when deseeding the chilli. The pith is actually the hottest part! If you like heat, leave it in for an extra kick.



### 4 MAKE THE QUESADILLA

Wipe out the pan with paper towel and heat a **drizzle of olive oil** over a medium-high heat. Place **1 mini flour tortilla** in the pan and top with **3 tbs** of the **bean mixture**. Spread evenly to the edges of the tortilla and top with a **1/4** of the **Cheddar cheese** and another tortilla. Press down using a spatula and cook until nicely golden. Carefully flip and cook for a further **2 minutes**, or until the tortilla is toasted and the cheese has melted. Set aside and repeat with the remaining tortillas and bean mixture.



### 2 MAKE THE PARSLEY-LEMON YOGHURT

In a small bowl, combine the **parsley** and the **Greek yoghurt** and squeeze over the juice of a **lemon wedge** (add as much or as little lemon juice as you like depending on your taste preference). Season to taste with a **pinch of salt** and **pepper**. Stir to combine and set aside.



### 5 MAKE THE SALAD

In a medium bowl, add the **cucumber** and the **remaining baby spinach leaves**. Pour over the **balsamic vinegar** and a **drizzle of olive oil**. Season to taste with a **pinch of salt** and **pepper** and toss to combine. **TIP:** Dress the salad just before serving to avoid soggy leaves.



### 3 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook for **4-5 minutes**, or until softened. Add the **mild Mexican spice blend**, the **salt (use suggested amount)** and the **red kidney beans** and cook, stirring, for **1-2 minutes**, or until fragrant. Stir through **1/2** of the **baby spinach leaves** until wilted. Transfer the mixture to a large bowl and roughly mash the beans with a fork. Season to taste with a **pinch of salt** and **pepper**.



### 6 SERVE UP

Slice the bean quesadillas into wedges and divide between plates. Serve with the parsley-lemon yoghurt and the cucumber salad on the side. Sprinkle over the long red chilli (if using).

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
parsley 🌿	1 bunch	2 bunches
lemon	1	2
brown onion	1	2
red kidney beans	1 tin (400 g)	2 tins (400 g)
Cheddar cheese	1 block (50 g)	2 blocks (100 g)
cucumber	1	2
long red chilli 🌶️ (optional)	1	2
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
mild Mexican spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag	2 bags
mini flour tortillas	8	16
balsamic vinegar*	1 tsp	2 tsp

\*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2950kJ (704Cal)	464kJ (111Cal)
Protein (g)	31.2g	4.9g
Fat, total (g)	23.5g	3.7g
- saturated (g)	8.5g	1.3g
Carbohydrate (g)	80.1g	12.6g
- sugars (g)	11.8g	1.9g
Sodium (g)	1180mg	186mg

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