



Cheesy Mexican Lentil Quesadillas

with Charred Corn Salsa & Greek Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Garlic



Carrot



Lentils



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Coriander



Baby Spinach Leaves



Sweetcorn



Greek Yoghurt

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend)

These easy baked quesadillas are made extra hearty with smushed brown lentils in the filling. The colourful salsa on the side is the perfect accompaniment, it's so exciting that even the corn kernels are jumping out of the pan!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
red onion	½	1
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
lentils	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
water*	½ cup	1 cup
mini flour tortillas	8	16
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
tomato	1	2
coriander	1 bag	1 bag
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	1 tsp	2 tsp
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3724kJ (890Cal)	591kJ (141Cal)
Protein (g)	37.3g	5.9g
Fat, total (g)	36.8g	5.8g
- saturated (g)	14.9g	2.4g
Carbohydrate (g)	91.2g	14.5g
- sugars (g)	21.4g	3.4g
Sodium (mg)	2189mg	347mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **red onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Drain and rinse the **sweetcorn**. Drain and rinse the **lentils**. Transfer the **lentils** to a medium bowl and roughly mash with a potato masher.

TIP: *Mashing the lentils helps the quesadillas stick together!*



4. Bake the quesadillas

Bake until the cheese has melted and the tortillas are golden, **5-6 minutes**.



2. Make the lentil filling

SPICY! *The spice blend is hot, use less if you're sensitive to heat.* Heat a large frying pan with a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook, until softened, **5 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add the **lentils**, **tomato paste**, the **salt** and **water** to the pan and stir to combine. Cook, stirring occasionally, until the **lentils** have softened, **2-3 minutes**. Season with **salt** and **pepper**.



5. Make the salsa

While the quesadillas are baking, wash out the frying pan and return to a high heat. Add the **sweetcorn** and cook until lightly browned, **4-5 minutes**. Transfer to a medium bowl. Finely chop the **tomato** and **coriander**. Roughly chop the **baby spinach leaves**. Add the **tomato**, **spinach**, **vinegar**, a **pinch of salt** and **pepper** and **1/2** the **coriander** to the bowl with the **corn** and stir until combined. In a small bowl, combine the remaining **coriander** and the **Greek yoghurt**.

TIP: *Cover the pan with a lid if the kernels are "jumping" out.*



3. Assemble the quesadillas

Arrange **1/2** the **mini flour tortillas** (see ingredients list) on an oven tray lined with baking paper. Divide the **lentil mixture** between the **tortillas** and top with a sprinkling of **shredded Cheddar cheese**. Top with the remaining **tortillas**. Press down on the **tortillas** gently with the spatula. Brush or spray the **tortillas** with **olive oil** and **season** with **salt** and **pepper**.



6. Serve up

Using a serrated knife, gently cut the cheesy Mexican lentil quesadillas into quarters. Serve with the charred corn salsa and coriander yoghurt on the side.

Enjoy!