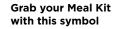


Mushroom & Red Kidney Bean Quesadillas

with Charred Corn Salsa













Red Kidney











Sliced Mushrooms





Mini Flour



Tortillas

Shredded Cheddar Cheese





Corn

Tomato

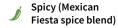


Greek Yoghurt

Pantry items

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





Try a tasty twist on veggie quesadillas with this cheesy version that uses spiced mushrooms and red kidney beans as the hearty filling. With a charred corn salsa as a refreshing side, it's a clever spin on the Mexican classic!

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

 $\label{eq:medium frying pan Oven tray lined with baking paper} \begin{picture}(20,0) \put(0,0){\line(0,0){100}} \put(0,0){\$

Ingredients

ingicalcits		
2 People	4 People	
refer to method	refer to method	
1	2	
2 cloves	4 cloves	
1 tin	2 tins	
1 sachet	2 sachets	
1 punnet (150g)	1 punnet (300g)	
20g	40g	
1 bag (30g)	1 bag (60g)	
6	12	
1 packet (100g)	2 packets (200g)	
1 cob	2 cobs	
1	2	
2 tsp	1 tbs	
1 packet (100g)	1 packet (200g)	
	refer to method 1 2 cloves 1 tin 1 sachet 1 punnet (150g) 20g 1 bag (30g) 6 1 packet (100g) 1 cob 1 2 tsp 1 packet	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3440kJ (823Cal)	540kJ (129Cal)
Protein (g)	37.1g	5.8g
Fat, total (g)	37.8g	5.9g
- saturated (g)	19.1g	3.0g
Carbohydrate (g)	82.4g	12.9g
- sugars (g)	14.1g	2.2g
Sodium (g)	1850mg	290mg

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.



1. Get prepped

Preheat the oven to 200°C/180°C fan-forced. Finely chop the red onion. Finely chop the garlic (or use a garlic press). Drain and rinse the red kidney beans. Transfer the beans to a medium bowl and roughly mash with a potato masher or fork.



2. Cook the filling

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



3. Make the quesadillas

Heat the mini flour tortillas in a sandwich press, or on a plate in the microwave for 10 second bursts, until warmed through. Arrange the tortillas over an oven tray lined with baking paper. Divide the mushroom and bean mixture among the tortillas, spooning it onto one half of each tortilla, then top with shredded Cheddar cheese. Fold each tortilla over to enclose the filling and press down gently with a spatula. Brush or spray the tortillas with a drizzle of olive oil and season with salt and pepper.



4. Bake the quesadillas

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



5. Make the salsa

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

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



6. Serve up

Divide the mushroom and red kidney bean quesadillas between plates. Serve with the charred corn salsa and **Greek yoghurt**.

Enjoy!