



# Mushroom & Red Kidney Bean Quesadillas

## with Charred Corn Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Red Kidney Beans



Mexican Fiesta Spice Blend



Sliced Mushrooms



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Corn



Tomato



Greek Yoghurt

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

Spicy (Mexican Fiesta spice blend)

Eat me early

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!

### Pantry items

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



## 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

Medium frying pan · Oven tray lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	2 cloves	4 cloves
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
sliced mushrooms	1 punnet (150g)	1 punnet (300g)
butter*	20g	40g
baby spinach leaves	1 bag (30g)	1 bag (60g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
corn	1 cob	2 cobs
tomato	1	2
vinegar* (white wine or rice wine)	2 tsp	1 tbs
Greek yoghurt	1 packet (100g)	1 packet (200g)

\*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](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 **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.



## 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.



## 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**.



## 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!



## 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**.



## 6. Serve up

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

**Enjoy!**