



# Mexican Cheesy Bean Quesadillas

with Chipotle Sour Cream & Salsa

Grab your Meal Kit with this symbol



Garlic



Corn



Red Kidney Beans



Red Onion



Tomato Paste



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato



Mild Chipotle Sauce



Sour Cream

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Spicy (Mexican Fiesta spice blend)

Red kidney beans and Cheddar unite to make a hearty and delicious filling for these quesadillas. Simply spoon the filling onto tortillas, fold them in half, then bake. Easy cheesy dinner coming right up!

## Pantry items

Olive Oil, Rice 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
garlic	2 cloves	4 cloves
corn	1 cob	2 cobs
red kidney beans	1 tin	2 tins
red onion	1	2
rice wine vinegar*	3 tbs	6 tbs
tomato paste	1 sachet	2 sachets
Mexican Fiesta spice blend	1 sachet	2 sachets
water*	½ cup	1 cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
cucumber	1	2
tomato	1	2
mild chipotle sauce	1 tub	2 tubs
sour cream	1 packet (100g)	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3643kJ (870Cal)	551kJ (131Cal)
Protein (g)	34.5g	5.2g
Fat, total (g)	41.4g	6.3g
- saturated (g)	19g	2.9g
Carbohydrate (g)	79.9g	12.1g
- sugars (g)	23.8g	3.6g
Sodium (mg)	2122mg	321mg

### 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 **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Slice the **corn kernels** off the **cob**. Drain and rinse the **red kidney beans**. Place in a bowl and roughly mash with a fork. Finely chop the **red onion**. In a small bowl, combine the **rice wine vinegar** and a **good pinch** of **sugar** and **salt**. Add **1/2** the **onion** and add **enough water** to cover. Stir to coat. Set aside until serving.



## 2. Cook the corn and beans

Heat a large frying pan over a high heat. Add the **corn kernels** and cook until lightly browned, **3-4 minutes**. Reduce heat to medium-high, add a **drizzle** of **olive oil** and the **garlic**, **red kidney beans** and **remaining onion**. Cook until softened, **2-3 minutes**. Add a **drizzle** more **olive oil** (if needed) with the **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add the **water** and stir to combine. Simmer until thickened, **1-2 minutes**. Season to taste.

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



## 3. Assemble the quesadillas

Microwave the **mini flour tortillas** for **20-30 seconds**, or until softened. Arrange the **tortillas** over an oven tray lined with baking paper. Divide the **bean mixture** between one half of each **tortilla** and top with **shredded Cheddar cheese**. Fold the other half of each **tortilla** over to close 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 **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. Bring it all together

While the quesadillas are baking, finely chop the **cucumber** and **tomato**. Drain the **pickled onion**. Place the **cucumber**, **tomato** and **pickled onion** in a bowl. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. In a second bowl, mix the **mild chipotle sauce** and **sour cream**.



## 6. Serve up

Divide the quesadillas between plates. Serve with the chipotle sour cream and pickled salsa.

## Enjoy!