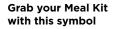


Mexican Cheesy Bean Quesadillas

with Chipotle Sour Cream & Salsa















Red Kidney Beans









Tomato Paste

Mexican Fiesta Spice Blend







Mini Flour Tortillas

Shredded Cheddar Cheese







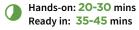
Cucumber





Mild Chipotle Sauce

Sour Cream



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
3643kJ (870Cal)	551kJ (131Cal)
34.5g	5.2g
41.4g	6.3g
19g	2.9g
79.9g	12.1g
23.8g	3.6g
2122mg	321mg
	3643kJ (870Cal) 34.5g 41.4g 19g 79.9g 23.8g

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 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.



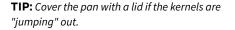
2. Cook the corn and beans

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.





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!