



# Mushroom & Black Bean Quesadillas

with Charred Corn Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Black Beans



Mexican Fiesta Spice Blend



Sliced Mushrooms



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Corn



Tomato



Sour Cream

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

Eat me early

Spicy (Mexican Fiesta spice blend)

Try a tasty twist on veggie quesadillas with these cheesy versions that use spiced mushrooms as the hearty filling. With a charred corn salsa as a refreshing side, they're a clever spin on the Mexican classic!

## Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	2 cloves	4 cloves
black 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 medium packet	2 medium packets
corn	1 cob	2 cobs
vinegar* (white wine or rice wine)	drizzle	drizzle
tomato	1	2
sour cream	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3962kJ (946Cal)	644kJ (153Cal)
Protein (g)	36.4g	5.9g
Fat, total (g)	50g	8.1g
- saturated (g)	24.6g	4g
Carbohydrate (g)	78.7g	12.8g
- sugars (g)	16.6g	2.7g
Sodium (mg)	1679mg	273mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

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



## Bake the quesadillas

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



## Cook the filling

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** (reserve some for the salsa if you like!), 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 **black beans** and **baby spinach leaves** and cook until wilted, **1 minute**.



## Make the salsa

While the quesadillas are baking, wash out the pan and return to a high heat. Slice the **corn** kernels from 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 a drizzle of **vinegar** and **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!



## Make the quesadillas

Heat the **mini flour tortillas** 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 **bean filling** evenly between the **tortillas**, spooning it onto one half of each **tortilla**, then top with **shredded Cheddar cheese**. Fold the empty half of 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**.



## Serve up

Divide the quesadillas between plates. Serve with the tomato and charred corn salsa and **sour cream** on the side.

## Enjoy!