



TEX-MEX BBQ CHICKEN & BEAN QUESADILLAS

with Corn Salsa & Yoghurt



Use BBQ sauce to flavour quesadillas



Green Capsicum



Brown Onion



Carrot



Red Kidney Beans



Chicken Thigh



Tex-Mex Spice Blend



BBQ Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Sweetcorn



Cucumber



Greek Yoghurt

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

Eat me early

Baking quesadillas in the oven is a revelation. No more waiting for them to fry in batches and while they're baking you have time to make charred corn salsa, which is the perfect finishing touch. Welcome to easy street, Tex-Mex style!

Pantry Staples: Olive Oil, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**
- **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Cut the **green capsicum** into 1cm pieces. Thinly slice the **brown onion**. Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans** (see ingredients list). Cut the **chicken thigh** into 1cm pieces.



2 COOK THE VEGGIES

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **capsicum** and **onion** and cook until softened, **4 minutes**. Add the grated **carrot** and cook until soft, **2-3 minutes**. Season with **salt** and **pepper** and transfer to a medium bowl.



3 COOK THE CHICKEN

Return the pan to a high heat with a **drizzle of olive oil**. Add the **chicken**, **Tex-Mex spice blend** and a **pinch of salt** and **pepper**. Cook, tossing occasionally, until browned and cooked through, **3-4 minutes**. Return the veggies to the pan and add the **red kidney beans** and **BBQ sauce**. Stir to combine.



4 BAKE THE QUESADILLAS

Lay **1/2** the **mini flour tortillas** (see ingredients list) over two oven trays lined with baking paper. Divide the **chicken mixture** between the **tortillas** and sprinkle with the **shredded Cheddar cheese**. Top with the **remaining tortillas**. Press down on the tortillas gently with a spatula. Brush or spray the tortillas with a **drizzle of olive oil** and season with **salt** and **pepper**. Bake the **quesadillas** until the cheese has melted and the tortillas are golden, **10-12 minutes**.



5 MAKE THE SALSA

While the quesadillas are baking, drain the **sweetcorn**. Finely chop the **cucumber**. Wipe out the frying pan and return to a high heat. When the pan is hot, add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **4-5 minutes**. **TIP:** Cover the pan with a lid if the kernels are "popping" out. In a medium bowl, combine the **charred corn**, **cucumber**, **white wine vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**.



6 SERVE UP

Cut the Tex-Mex BBQ chicken quesadillas into quarters and divide between plates. Top with the corn salsa and **Greek yogurt**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
green capsicum	1
brown onion	1
carrot	1
red kidney beans	½ tin
chicken thigh	1 large packet
Tex-Mex spice blend	1 sachet
BBQ sauce	1 tub (100g)
mini flour tortillas	16
shredded Cheddar cheese	1 packet (100g)
sweetcorn	1 tin (300g)
cucumber	1
white wine vinegar*	1 tsp
Greek yoghurt	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3470kJ (828Cal)	558kJ (133Cal)
Protein (g)	47.0g	7.6g
Fat, total (g)	29.6g	4.8g
- saturated (g)	10.5g	1.7g
Carbohydrate (g)	85.6g	13.8g
- sugars (g)	23.3g	3.8g
Sodium (g)	1580mg	254mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2020 | WK04

