

Tex-Mex Cannellini Bean Quesadillas

with Zingy Corn Salsa & Chipotle Yoghurt

Grab your Meal Kit
with this symbol



Red Onion



Sweetcorn



Garlic



Carrot



Baby Spinach
Leaves



Cannellini Beans



Tex-Mex
Spice Blend



Tomato Paste



Mild Chipotle
Sauce



Mini Flour
Tortillas



Shredded Cheddar
Cheese



Greek-Style
Yoghurt

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

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

Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar

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
red onion	½	1
white wine vinegar*	¼ cup	½ cup
sweetcorn	½ tin	1 tin
garlic	3 cloves	6 cloves
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
cannellini beans	1 tin	2 tins
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
mild chipotle sauce	1 packet (40g)	2 packets (80g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3391kJ (810Cal)	578kJ (138Cal)
Protein (g)	36.4g	6.2g
Fat, total (g)	30.9g	5.3g
- saturated (g)	16.8g	2.9g
Carbohydrate (g)	83g	14.2g
- sugars (g)	19.5g	3.3g
Sodium (mg)	1844mg	315mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Pickle the onion

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add it to the pickling liquid with just enough **water** to cover the **onion**. Set aside.



Bake the quesadillas

Place the **mini flour tortillas** on a lined oven tray. Divide the **bean filling** 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 using 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**. Spoon any overflowing filling back into the quesadillas.



Get prepped

Drain the **sweetcorn** (see ingredients). Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Meanwhile, finely chop the **garlic**. Grate the **carrot**. Roughly chop the **baby spinach leaves**. Drain and rinse the **cannellini beans**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Make the salsa

While the quesadillas are baking, add the **baby spinach** and a drizzle of **olive oil** to the charred **corn**. Drain the **pickled onion**, then add to the **salsa**. Toss to combine and season to taste. In a second small bowl, combine the **Greek-style yoghurt** and remaining **chipotle sauce**.



Cook the bean filling

SPICY! The spice blend is mild, but use less if you're sensitive to heat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot**, stirring, until just softened, **2-3 minutes**. Add the **cannellini beans**, **Tex-Mex spice blend**, **tomato paste** and **garlic** and cook, stirring, until fragrant, **1 minute**. Reduce the heat to medium, then add the **water**, **brown sugar** and 1/2 the **mild chipotle sauce**. Stir to combine and cook until slightly reduced, **1-2 minutes**.



Serve up

Divide the Tex-Mex cannellini bean quesadillas between plates. Serve with the zingy corn salsa and chipotle yoghurt.

Enjoy!