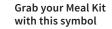


# Tex-Mex Kidney Bean Quesadillas

with Radish Salsa & Chipotle Yoghurt

CLIMATE SUPERSTAR

















**Baby Spinach** 



Leaves



Tex-Mex



Spice Blend

Mild Chipotle



Tomatoes

Mini Flour

Sauce



Shredded Cheddar





Greek-Style Yoghurt



Prep in: 20-30 mins Ready in: 30-40 mins Red kidney beans, Cheddar and carrot unite to make a hearty and delicious filling for these quesadillas. Simply spoon the cheesy filling onto the tortillas, fold them in half and bake. Easy cheesy dinner coming right up!

**Pantry items** Olive Oil, Brown Sugar

#### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large frying pan · Oven tray lined with baking paper

# Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
onion	1/2	1		
radish	2	4		
carrot	1	2		
baby spinach leaves	1 small bag	1 medium bag		
red kidney beans	1 tin	2 tins		
Tex-Mex spice blend	1 sachet	1 sachet		
crushed & sieved tomatoes	½ tin	1 tin		
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 (80g)	2 packets (160g)		
Greek-style yoghurt	1 medium packet	1 large packet		
diced bacon**	1 packet	1 packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3281kJ (784Cal)	565kJ (135Cal)
Protein (g)	37g	6.4g
Fat, total (g)	26.9g	4.6g
- saturated (g)	14.6g	2.5g
Carbohydrate (g)	90.9g	15.6g
- sugars (g)	17g	2.9g
Sodium (mg)	1755mg	302mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3866kJ (924Cal)	<b>613kJ</b> (147Cal)
Protein (g)	45g	7.1g
Fat, total (g)	39g	3.8g
- saturated (g)	19.1g	3g
Carbohydrate (g)	90.9g	14.4g
- sugars (g)	17g	2.7g
Sodium (mg)	2154mg	341mg

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.

#### We're here to help!

Scan here if you have any questions or concerns

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# Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop garlic. Thinly slice onion (see ingredients) and radish. Grate the carrot.
   Roughly chop baby spinach leaves. Drain and rinse red kidney beans.



# Cook the filling

- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook carrot and onion, stirring, until just softened, 2-3 minutes.
- SPICY! The spice blend is mild, but use less if you're sensitive to heat. Add red kidney beans, Tex-Mex spice blend and garlic and cook, stirring, until fragrant, 1 minute.
- Reduce heat to medium, then add crushed & sieved tomatoes (see ingredients), the brown sugar and 1/2 the mild chipotle sauce. Stir to combine and cook until slightly reduced,
   1-2 minutes.

Custom Recipe: If you've added diced bacon, cook the bacon with the carrot and onion until browned, 4-5 minutes. Continue with step as above.



# Bake the quesadillas

- Place mini flour tortillas on a lined oven tray. Divide the bean filling between 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 tortillas with a drizzle of olive oil and season with salt and pepper.
- Bake quesadillas until the cheese has melted and the tortillas are golden, 10-12 minutes.
   Spoon any overflowing filling back into the quesadillas.



#### Make the salsa

 While the quesadillas are baking, add radish, baby spinach and a drizzle of olive oil to a medium bowl. Season and toss to coat.



# Make the chipotle yoghurt

 In a small bowl, combine Greek-style yoghurt and remaining chipotle sauce.



# Serve up

- Divide Tex-Mex kidney bean quesadillas between plates.
- Serve with radish salsa and chipotle yoghurt. Enjoy!



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