



Tex-Mex Kidney Bean Quesadillas

with Radish Salsa & Chipotle Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Onion



Radish



Carrot



Baby Spinach Leaves



Red Kidney Beans



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Mild Chipotle Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt



Diced Bacon

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
onion	½	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

*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)	613kJ (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



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**.



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.



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.



Make the chipotle yoghurt

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



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.



Serve up

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

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