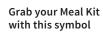


Tex-Mex Cannellini Bean Quesadillas

with Radish Salsa & Chipotle Yoghurt

CLIMATE SUPERSTAR











Carrot

Radish







Cannellini Beans

Baby Spinach



Tex-Mex

Spice Blend



Enchilada Sauce



Mild Chipotle



Tortillas



Cheese

Shredded Cheddar

Yoghurt





Prep in: 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 the tortillas, fold them in half and bake. Easy cheesy dinner coming right up!

Pantry items Olive Oil

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	
cannellini beans	1 tin	2 tins	
Tex-Mex spice blend	1 sachet	1 sachet	
enchilada sauce	½ packet	1 packet	
mild chipotle	1 packet	2 packets	
sauce	(40g)	(80g)	
mini flour tortillas	6	12	
shredded	1 packet	2 packets	
Cheddar cheese	(80g)	(160g)	
Greek-style yoghurt	1 medium packet	1 large packet	
diced bacon**	1 packet	1 packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3281kJ (784Cal)	565kJ (135Cal)
37g	6.4g
26.9g	4.6g
14.6g	2.5g
90.9g	15.6g
17g	2.9g
1755mg	302mg
	3281kJ (784Cal) 37g 26.9g 14.6g 90.9g 17g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3866kJ (924Cal)	613kJ (147Cal)
Protein (g)	45g	7.1g
Fat, total (g)	39g	6.2g
- 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.



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 cannellini beans.



Cook the bean filling

- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook onion and carrot, stirring, until just softened, 2-3 minutes.
- Add cannellini beans, Tex-Mex spice blend and garlic and cook, stirring, until fragrant, 1 minute.
- Reduce heat to medium, then add enchilada sauce (see ingredients) and half 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.



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 cannellini bean quesadillas between plates.
- Serve with radish salsa and chipotle yoghurt. Enjoy!



Scan here if you have any questions or concerns



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