



# Halloween Bean Quesadillas

with creepy creme fraiche and coriander

Veggie 25-30 mins

7



Tortilla



Red Kidney Beans



Chopped Tomato with Onion & Garlic



Mexican Style Spice Mix



Dried Chilli Flakes



Lime



Grated Cheese



Coriander



Creme Fraiche



Bell Pepper



BBQ Sauce

Pantry Items: Oil, Salt, Pepper, Sugar, Water



Rate your recipe!



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, sieve, zester

## Ingredients

	2P	4P
Tortilla	8 units	16 units
Red Kidney Beans	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Mexican Style Spice Mix	2 sachets	4 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Lime	1 unit	2 units
Grated Cheese	50 g	100 g
Coriander	5 g	10 g
Creame Fraiche	110 g	220 g
Bell Pepper	1 unit	2 units
BBQ Sauce	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	707 g	100 g
Energy (kJ/kcal)	3661 kJ/ 875 kcal	516.8 kJ/ 123.5 kcal
Fat (g)	34.3 g	4.9 g
Sat. Fat (g)	19.7 g	2.8 g
Carbohydrate (g)	104.3 g	14.5 g
Sugars (g)	22.4 g	3.2 g
Protein (g)	34.2 g	4.9 g
Salt (g)	4.9 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Zest the **lime**. Juice **half** and cut the rest into thick wedges.
- Roughly chop the **coriander**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- In a small bowl, mix the **creme fraiche**, **lime** zest and **half** the **coriander** (double for 4p). Season to taste with **salt** and **pepper**.



## Make Your Mummies

- Lay **half** the **tortillas** out on a board. Spread some of the **bean** mixture over each.
- Sprinkle with **cheese**. Drizzle with **BBQ sauce**.
- Cut the remaining **tortillas** into strips about 1cm thick.
- Carefully lay the **tortilla** strips over the **bean** mixture. Criss cross each strip slightly to make a menacing mummy's face.

**TIP:** If you're not into scary stuff, don't cut the tortilla into strips. Instead, place the remaining tortillas over the top of bean mix to make quesadillas.



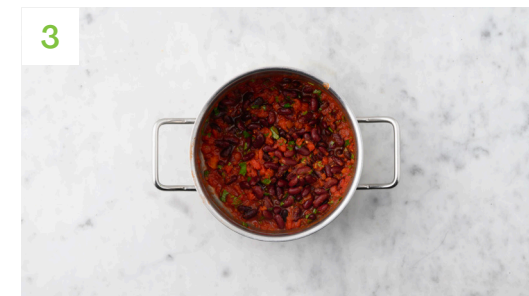
## Simmer the Sauce

- Place a large pot over medium-high heat with a drizzle of **oil**.
- When the **oil** is hot, add the **bell pepper**, **chopped tomatoes**, ½ tsp **sugar** (double for 4p), **chilli flakes** (use less if you don't like spice) and **Mexican spice mix**.
- Stir to combine then leave to simmer until thickened and slightly sticky, 6-8 mins.



## Cook the Quesadillas

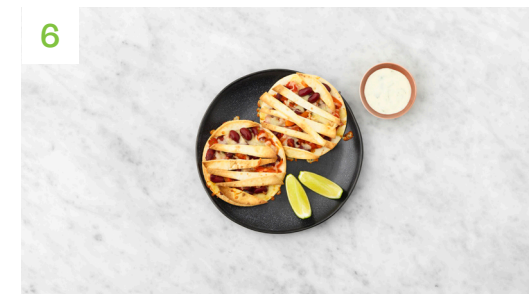
- Carefully transfer the creepy quesadillas to a lined baking tray.
- Bake on the top shelf of your oven until golden, 5-7 mins.



## Add the Beans

- Meanwhile, drain and rinse the **kidney beans** in a sieve. Reserve 8 **beans** (double for 4p) to use as your mummy's eyes!
- Once the sauce has reduced, add the **beans** to the pot along with the **lime** juice and remaining **coriander**.
- Season to taste with **salt**, **pepper** and **sugar**.

**TIP:** Loosen the sauce with a splash of water if it becomes too dry.



## Finish and Serve

- Once cooked, remove from the oven and plate up.
- Use reserved **kidney beans** to make two eyes on each mummy quesadilla.
- Serve with zesty **creme fraiche** and **lime** wedges alongside.

**Enjoy!**