



Spicy Bean Quesadillas

with tomato salsa and cooling creme fraiche

Veggie 30 – 35 mins • Spicy

7



Red Kidney Beans



Grated Cheese



Tomato Paste



Chipotle Paste



Tortilla



Balsamic Glaze



Tomato



Creme Fraiche



Carrot



Mexican Style Spice Mix



Shallot

Pantry Items: Oil, Salt, Pepper, Sugar



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

Grater, sieve

Ingredients

| | 2P | 4P |
|-------------------------|-----------|-----------|
| Red Kidney Beans | 1 pack | 2 packs |
| Grated Cheese | 50 g | 100 g |
| Tomato Paste | 1 tin | 2 tins |
| Chipotle Paste | 1 sachet | 2 sachets |
| Tortilla | 8 units | 16 units |
| Balsamic Glaze | 1 sachet | 2 sachets |
| Tomato | 2 units | 4 units |
| Crème Fraiche | 110 g | 220 g |
| Carrot | 1 unit | 2 units |
| Mexican Style Spice Mix | 2 sachets | 4 sachets |
| Shallot | 2 units | 4 units |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|-------------------------|
| for uncooked ingredients | 637.5 g | 100 g |
| Energy (kJ/kcal) | 3619.2 kJ/ 865 kcal | 567.7 kJ/ 135.7 kcal |
| Fat (g) | 33.9 g | 5.3 g |
| Sat. Fat (g) | 19.7 g | 3.1 g |
| Carbohydrate (g) | 103 g | 16.2 g |
| Sugars (g) | 23.3 g | 3.7 g |
| Protein (g) | 34.2 g | 5.4 g |
| Salt (g) | 3.6 g | 0.6 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.

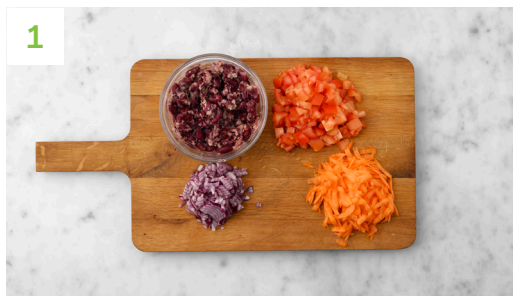
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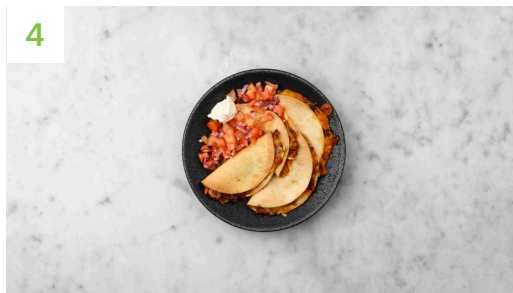


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Get Prepped

- Drain and rinse the **kidney beans** in a sieve.
- Pop the **beans** into a medium bowl and roughly mash with the back of a fork (or a potato masher).
- Halve, peel and finely dice the **shallot**.
- Grate the **carrot** (no need to peel).
- Cut the **tomatoes** into 2cm dice.



Serve and Enjoy

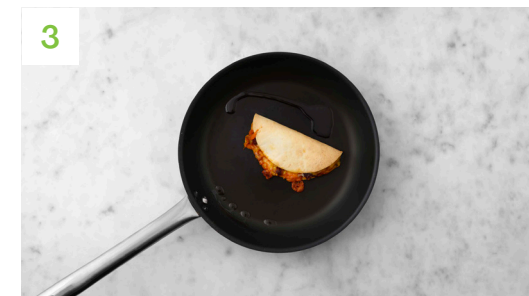
- Meanwhile, mix the diced **tomatoes** with the remaining **shallot**, **balsamic glaze** and 1 tbsp **oil** (double for 4p) in a large bowl.
- Season with **salt** and **pepper**.
- Dish up the quesadillas with the **tomato** salsa and **crème fraiche** alongside.

Enjoy!



Fill the Tortillas

- Add the **carrot**, **chipotle paste**, **Mexican spice**, **tomato paste** and **half** the **shallot** to the **beans**. Season with **salt**, **pepper** and a pinch of **sugar**. Mix well.
- Lay the **tortillas** out on a board.
- Spread a little of the **bean** mixture over **one-half** of each, leaving a small border around the edge.
- Top each with a sprinkling of the **cheese**.
- Fold the **tortillas** in **half** to make semicircles.



Fry the Quesadillas

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, carefully place the folded quesadillas into the pan.
- Fry until golden, 1-2 mins each side. Turn carefully.
- Lightly press down on each one with a spatula to ensure they stick together and brown nicely.

TIP: You might have to do this in batches. Add more oil to the pan as needed and cover cooked quesadillas with foil to keep warm.