



Chipotle Bean Quesadillas

with tomato salsa and cooling creme fraiche

Veggie 30 – 35 mins • Spicy

7



Red Kidney Beans



Grated Cheese



Chipotle Paste



Tortilla



Tomato



Creme Fraiche



Carrot



Mexican Style Spice Mix



Shallot



Lime

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
Chipotle Paste	2 sachets	4 sachets
Tortilla	8 units	16 units
Tomato	2 units	4 units
Creme Fraiche	110 g	220 g
Carrot	1 unit	2 units
Mexican Style Spice Mix	2 sachets	4 sachets
Shallot	2 units	4 units
Lime	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	646 g	100 g
Energy (kJ/kcal)	3794.9 kJ/ 907 kcal	587.4 kJ/ 140.4 kcal
Fat (g)	41.6 g	6.4 g
Sat. Fat (g)	20.7 g	3.2 g
Carbohydrate (g)	100.2 g	15.5 g
Sugars (g)	17.5 g	2.7 g
Protein (g)	33.4 g	5.2 g
Salt (g)	4 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

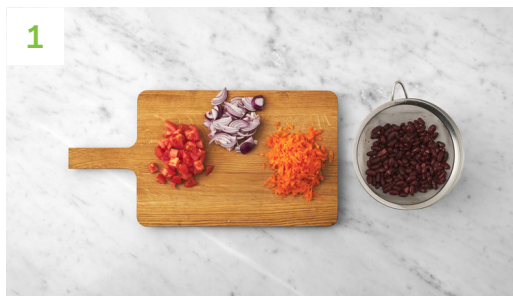
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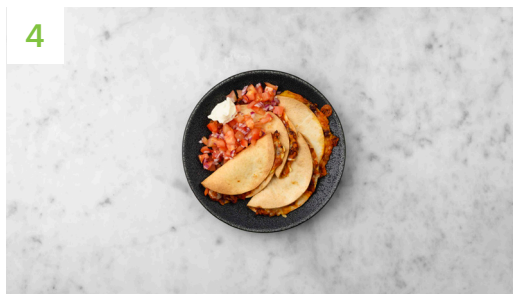


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Get Prepped

- Drain and rinse the **beans**. Cut the **tomatoes** into 2cm chinks. Quarter the **lime**.
- Halve, peel and finely dice the **shallot**. Trim and grate the **carrot** (no need to peel).
- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **beans** and **carrot** and cook until warmed, 2-3 mins. Mash the **beans** with a fork.
- Stir in **chipotle paste**, **Mexican spice** and **half** the **shallot**. Season to taste with **salt**, **pepper**, ¼ tsp **sugar** (double for 4p) and **lime juice**.



Serve and Enjoy

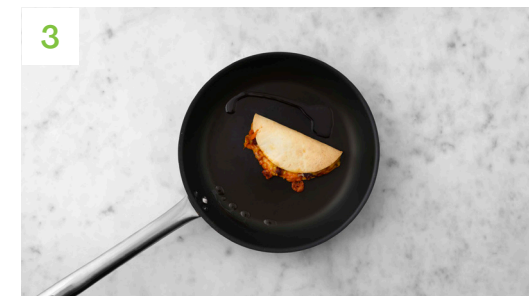
- Meanwhile, mix the diced **tomatoes** with the remaining **shallot** and 1 tbsp **oil** (double for 4p) in a large bowl.
- Season with **salt** and **pepper**.
- Dish up the quesadillas with the **tomato** salsa and **creme fraiche**.
- Serve remaining **lime wedges** alongside.

Enjoy!



Fill the Tortillas

- 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

- Return the pan to 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.