



Cheesy Chipotle Bean Quesadillas

with cucumber and tomato side salad

Veggie Quick Cook 20-25 mins • Spicy

8



Red Kidney Beans



Grated Cheese Mix



Tomato Paste



Cucumber



Balsamic Vinegar



Scallion



Chipotle Paste



Tortilla



Cherry Tomatoes



Rocket

Pantry Items: Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Red Kidney Beans	1 pack	2 packs
Grated Cheese Mix	50 g	100 g
Tomato Paste	1 pack	2 packs
Cucumber	½ unit	1 unit
Balsamic Vinegar	1 sachet	2 sachets
Scallion	1 unit	2 units
Chipotle Paste	1 sachet	2 sachets
Tortilla	4 units	8 units
Cherry Tomatoes	125 g	250 g
Rocket	40 g	80 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	423.5 g	100 g
Energy (kJ/kcal)	1310.9 kJ/ 313.3 kcal	309.5 kJ/ 74 kcal
Fat (g)	10.1 g	2.4 g
Sat. Fat (g)	5.7 g	1.4 g
Carbohydrate (g)	36.1 g	8.5 g
Sugars (g)	10 g	2.4 g
Protein (g)	21.9 g	5.2 g
Salt (g)	1.5 g	0.4 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.

Contact

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Make the Filling

- Drain and rinse the **kidney beans**.
- Pop into a medium bowl and roughly mash with the back of a fork (or a potato masher).
- Trim the **scallions** then slice thinly.
- Add the **scallion, grated cheese, chipotle paste** and **tomato paste** to the **beans**.
- Season with **salt, pepper** and a pinch of **sugar**. Mix well.



Serve and Enjoy

- While the quesadillas are frying, trim half the **cucumber** (double for 4p) then quarter lengthways. Chop widthways into small pieces. Halve the **tomatoes**.
- In a large bowl, combine the **balsamic vinegar** with 1 tbsp **oil** (double for 4p). Season with **salt** and **pepper**.
- Add the **salad leaves, tomatoes** and **cucumber** and toss gently.
- Serve the quesadillas alongside plenty of salad.

Enjoy!



Prep the Tortillas

- Lay half the **tortillas** (double for 4p) out on a board.
- Spread a little of the **bean** mix over half of each, leaving a small border around the edge.
- Fold the **tortillas** in half to make half-moon shapes.



Fry the Quesadillas

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- When hot, carefully lay the quesadillas in the pan. Fry until golden, 2 mins each side.
- Turn carefully. Lightly press down on them with a spatula to ensure they stick together and brown nicely.

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