

Mexican Red Bean Quesadillas

with Avocado and Corn Salsa

hellóchef

Simple and tasty, Mexican style!

Cals 1228 • Prot 58 • Carbs 124 • Fat 55

Vegetarian

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🕒 cook: 30 min

R2008



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Filling	2 ppl	3 ppl	4 ppl	
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Red kidney beans	240	480	480	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Taco seasoning	10	15	20	Grams
Tomato paste	30	50	70	Grams
Water	100	150	200	ML
Sour cream 4*	60	90	120	Grams
Black pepper	0.5	0.5	1	Tsp
Salsa				
Avocado	1	2	2	Piece
Cucumber	1	2	2	Piece
Cherry tomatoes	150	250	300	Grams
Fresh coriander	15	15	15	Grams
Sweet corn kernels	122	122	244	Grams
Lime	2	3	4	Piece
To serve				
8" tortilla wraps 10*, 11*	4	6	8	Piece
Grated mozzarella 4*	150	200	300	Grams
Grated orange cheddar 4*	60	90	120	Grams
Vegetable oil	1	1	2	Tbsp

Allergens

*4 Milk, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	5134 / 1228
Fat (g)	54.8
of which saturates (g)	26.6
Carbohydrate (g)	124
of which sugars (g)	18.7
Fiber (g)	25
Protein (g)	58.3
Salt (g)	3.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Drain and rinse the **kidney beans**. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min. Add the **garlic**, **taco seasoning** and **tomato paste** and fry for 1 min further.



2 Simmer

Add the **kidney beans** and the **measured water** to the pan. Cover with a lid and cook, stirring occasionally, for 7-10 min. After 7-10 min, using a potato masher, mash the **beans** until smooth. Fold in half of the **sour cream** (reserve the rest for serving). Season with **pepper** to taste.

Tip! If cooking for kids, set aside a portion of bean sauce before adding the sour cream and mashing the remaining.



3 Make salsa

Meanwhile, halve the **avocado** and remove its stone. Scoop the **avocado** out of its skin and chop it into chunks. Chop the **cucumber**, **cherry tomatoes** and **coriander**. Drain the **sweet corn**. Add the lot to a large bowl with a squeeze of **lime** juice to taste and mix well.

Tip! If cooking for kids, set aside a portion of cucumber, cherry tomatoes, sweet corn and coriander to use as 'sprinkles' before combining the remaining.



4 Assemble

Place half of the **tortilla wraps** onto a board. Sprinkle with half of the **grated cheeses**. Spread the **bean mash** over the top in an even layer. Sprinkle with the remaining **cheese**. Top with the remaining **tortilla wraps** and press down firmly - these are your **quesadillas**.

Tip! If cooking for kids, set aside a portion of grated cheese to use a sprinkles.



5 Fry

Heat a separate large pan over a medium heat with a drizzle of **oil**. Once hot, add a **quesadilla** and cook for 2-3 min, pressing down with a spatula. Flip and cook for 2 min further. Repeat this process with the remaining **quesadillas**.

Tip! Nervous about flipping the quesadillas with a spatula? Cover the pan with a large plate, hold it firmly, flip the pan and slide the quesadilla back into the pan.



6 Serve

Slice the **quesadillas** into triangles and serve them with the **avocado** and **corn salsa**, and the remaining **sour cream**.

Tip! If cooking for kids, serve the bean sauce, cucumber, cherry tomatoes, sweet corn and tortillas separately. Serve the sour cream, grated cheese and coriander as 'sprinkles' to the side.