



Cheesy Chipotle Bean Quesadillas

with cucumber, tomato and rocket salad

Veggie Quick Cook 20-25 mins • Spicy

8



Chipotle Paste



Rocket



Balsamic Vinegar



Red Kidney Beans



Scallion



Cherry Tomatoes



Cucumber



Tortilla



Grated Cheese Mix



Tomato Paste

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	418.5 g	100 g
Energy (kJ/kcal)	1294.8 kJ/ 309.5 kcal	309.4 kJ/ 73.9 kcal
Fat (g)	10.1 g	2.4 g
Sat. Fat (g)	5.7 g	1.4 g
Carbohydrate (g)	35.4 g	8.5 g
Sugars (g)	10 g	2.4 g
Protein (g)	21.6 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 Your Bean Mixture

- 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 thinly slice.
- Add the **scallions, 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 the **tortillas** with a spatula to ensure they stick together and brown nicely.

TIP: You may have to do this in batches, adding a little more oil to the pan each time. Just cover the cooked quesadillas with foil to keep warm.