



Mexican Bean & Sweetcorn Quesadilla

This quesadilla is a real weeknight treat! Chipotle chilis are smoke-dried jalapeno chilis, primarily used in Mexican and South-western American dishes. The chipotle paste gives the beans a slightly sweet but also spicy and smokey flavour. This dish is loaded with plant-based protein and fibre!

Ingredients

- Spring onions
- Sweetcorn
- Blackbeans or kidney beans
- Chipotle Mix
 - chipotle paste
 - tomato puree
- Fresh coriander
- Low-fat cheddar
- Cherry tomatoes
- Tortilla Wraps

Your Pantry

- Olive oil

Nutritional Info

Calories: 729 kcal
Carbohydrates: 103.2g
Protein: 29.9g
Fat: 16.4g

Allergens


Wheat (tortillas)
Milk (cheese)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven to 200C fan and place a baking tray in the oven to heat up.

2) Prepare the vegetables

Finely slice the spring onion, cut the cherry tomatoes into quarters. Finely chop the coriander. Drain the sweetcorn. Drain and rinse the black or kidney beans.

3) Make the quesadilla filling

Add a drizzle of oil to a frying pan and place on medium heat. Add the spring onions and cook for 2 minutes or until soft. Then add the cherry tomatoes and chipotle mix and cook for a further 1-2 minutes. Add the sweetcorn, beans, and coriander and stir well until combined. Season with salt and pepper to taste.

4) Assemble the quesadillas

Layer some grease proof paper on the baking tray. Brush the paper with half a teaspoon of olive oil. Lay one wrap on the tray and spoon the vegetable and bean mixture on the wrap. Spread the cheese on top of this and lay another wrap on top to cover the fillings. Brush with a little olive oil and bake in the oven for 5-6 minutes, or until the cheese has melted and the top wrap is golden and browning at the edges.

5) Plate the dish

Cut the quesadilla into four and arrange on a plate. Enjoy!



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