

# DINNERLY



## Feed A Crowd: Mexican Bean Quesadillas

Same Meal Price, More Servings!



35 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



## WHAT WE SEND

- 2 red capsicums
- 300g corn kernels
- 400g kidney beans
- 10g Tex-Mex seasoning <sup>17</sup>
- 100g baby spinach leaves
- 2 x 6 flour tortillas <sup>1</sup>
- 2 x 50g feta <sup>7</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 1 tsp sugar
- 1 tbs olive oil
- olive oil spray (optional)
- 2 tbs mayonnaise (optional) <sup>3</sup>

## TOOLS

- 2 large oven trays
- baking paper
- large deep frypan

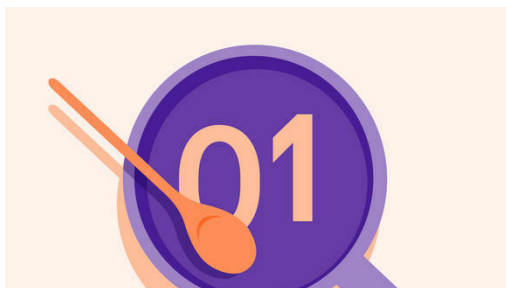
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17).  
May contain traces of other allergens.

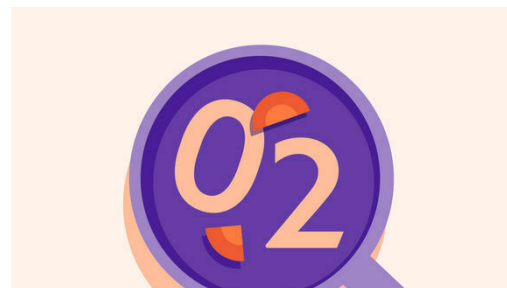
## NUTRITION PER SERVING

Energy 535kcal, Fat 24.2g, Carbs 56.1g,  
Proteins 18.6g



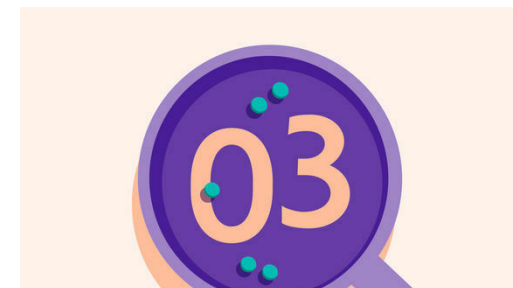
### 1. Prep ingredients

Preheat the oven to 220C. Line 2 large oven trays with baking paper. Thinly slice the **capsicums**. Crush or finely chop **2 garlic cloves**. Drain and rinse the **corn**. Drain and rinse the **beans**.



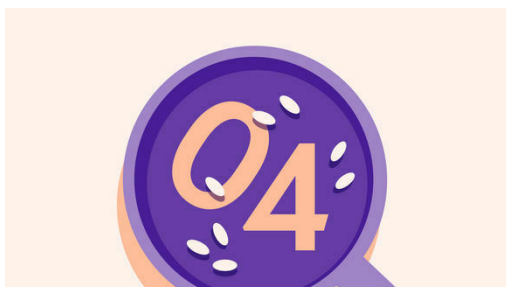
### 2. Cook filling

Combine the **Tex-Mex seasoning**, **1 tsp sugar** and **1 tbs hot water** in a bowl. Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **capsicum**, stirring occasionally, for 5-6 mins until softened. Add the **spice mixture**, **corn**, **beans** and **garlic** (see Feed A Crowd) and cook, stirring and slightly mashing the beans, for 2 mins.



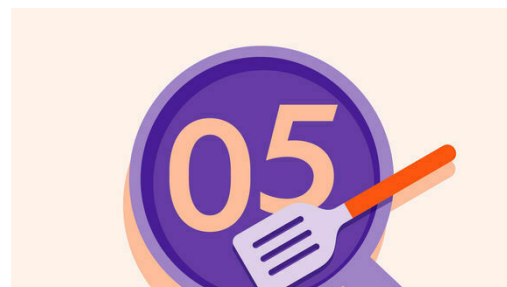
### 3. Make quesadillas

Transfer the **bean mixture** to a large bowl. Add the **spinach** and stir until the spinach is wilted. Taste, then season with **salt and pepper**. Divide the bean mixture among the **tortillas**, then crumble over the **feta**. Fold the tortillas over to enclose the filling, then press together firmly.



### 4. Bake quesadillas

Put the **quesadillas** on the lined trays and lightly spray or brush with **olive oil**. Bake the quesadillas, swapping the trays halfway, for 10-12 mins until golden and crisp.



### 5. Serve up

Divide the **quesadillas** among plates and serve with **mayonnaise**, if using. Enjoy!



### 6. Feed A Crowd

If you like a kick of heat, add a pinch of chilli flakes to the bean mixture, or scatter over to serve if it's just for you.