



Cooking Made Easy

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Tonterita Quesadillas with Homemade Pistachio Refried Beans

Patrick has been taking a walk around the 'trendier' parts of this nation's capital this week in search of the next big thing and he has made two discoveries: if you want to look cool, wear skinny jeans*, if you want to eat cool, go Mexican. All over the place trendy little Mexican eateries are popping up with an array of zesty, quick bites to sate the greatest of appetites. This little number was inspired by famous tequila bar 'Tonteria' on Sloane Square where they're delivered to your table on a tiny steam train!

*Sadly a brief foray into a vintage store revealed that Patrick may be 10 years too old for this trend. And his thighs don't really fit.

30 min

veggie



Red Onion



Pistachios



Baby Gem Lettuce



Cherry Tomatoes



Cheddar Cheese



Organic Mixed Beans



Tabasco



Tomato Purée



Cumin



Wholemeal Tortilla



Lime



Sour Cream

Ingredients

	2P	4P
Red Onion, diced	½ cup	1 cup
Pistachios, crushed 1	2 tbsp	4 tbsp
Baby Gem Lettuce, shredded	1	2
Cherry Tomatoes, halved	1 cup	1½ cups
Cheddar Cheese, grated 2	3 tbsp	6 tbsp
Organic Mixed Beans	1 tin	2 tins
Tabasco 3	A few drops	A few drops
Tomato Purée	1 tbsp	2 tbsp
Cumin	½ tbsp	1 tbsp
Wholemeal Tortilla 4	4	8
Lime	½	1
Sour Cream 2	3 tbsp	5 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Nut | **2)** Milk

3) Sulphites | **4)** Gluten

Nutrition per serving: Calories: 843 kcal | Protein: 35 g | Carbs: 100 g | Fat: 29 g | Saturated Fat: 13 g



1 Finely dice the red onion and lightly crush the pistachio nuts. Shred or finely slice the gem lettuce. Chop the cherry tomatoes in half. Grate the cheese and drain and rinse the beans.



2 Heat 1 tbsp of olive oil in a pan on medium-low heat. Once hot, cook your red onion gently for 5 mins then add the mixed beans and tabasco. Next, add the tomato purée, cumin and 5 tbsp of water. Season with a ¼ of a tsp of salt and a pinch of pepper. Cook with a lid on for 15 mins.



3 Take a quick siesta.

4 Take out two-thirds of the beans and mash them up to a paste using the back of a fork. Now mix the remaining whole beans from the pan into the paste. Check for seasoning and voila, they're done!



5 Heat a frying pan on medium-high heat. Spread half of the refried beans across the tortilla. Place the tortilla into the pan (bean side up!) and scatter over some of the

cheese. Place the tortilla into the pan (bean side up!), scatter over some cheese, half of the pistachio nuts and a squeeze of lime juice.

6 Place another tortilla across the top and after 3 mins carefully flip the tortilla over. **Tip:** *We don't recommend the 'pancake flip' unless you are a total pancake pro!* Cook for another 3 mins on the other side before removing to a warm plate. Cook the other quesadilla in the same way.

7 Drizzle a tsp of olive oil and a little squeeze of lime juice over the tomatoes and lettuce. Gently toss together with the tips of your fingers and season with a pinch of salt and pepper. **Tip:** *To get more juice out of your lime roll it firmly under your hand against the chopping board first to loosen it up.*

8 Cut your quesadillas into quarters and put a good dollop of sour cream on top. Grate over a bit of lime zest and drizzle on a little more lime juice. Serve the salad on the side. ¡Ándale!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!