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Quickfire Quesadillas with Homemade Citrus Guacamole

Patrick's been trying out a few new Mexican dishes in the Fresh Kitchen of late and the main technique in tonight's dinner has become a favourite. By mashing up most of the kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces. Keep a few whole ones back for texture too ... Arriba!

 45 mins

 veggie



Onion (1)



Yellow Pepper
(½)



Mexican Spice
(½ tsp)



Organic Kidney
Beans (1 tin)



Water (5 tbsp)



Coriander
(½ bunch)



Baby Gem Lettuce (1)



Cherry Tomatoes
(1 punnet)



Avocado (1)



Lime (½)



Sour Cream
(3 tbsp)



Wholemeal Tortilla
(4)




Cheddar Cheese
(3 tbsp)

2 PEOPLE INGREDIENTS

- Onion, sliced
- Yellow Pepper, chopped
- Mexican Spice
- Organic Kidney Beans
- Water
- Coriander, chopped
- Baby Gem Lettuce, chopped

- 1
- ½
- ½ tsp
- 1 tin
- 5 tbsp
- ½ bunch
- 1
- Cherry Tomatoes, halved
- 1 punnet
- 1
- ½
- 3 tbsp
- 4
- 3 tbsp
- Avocado
- Lime
- Sour Cream
- Wholemeal Tortilla
- Cheddar Cheese

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Kidney beans are one of the richest sources of plant-based proteins.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	1083 kcal / 4554 kJ	38 g	11 g	137 g	16 g	39 g	3 g

1



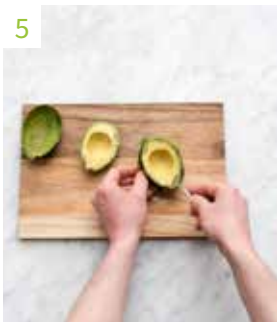
1 Peel the **onion** and chop in half lengthways through the root then very thinly slice it widthways into half moon shapes. Chop the **pepper** into 1cm chunks. Heat a splash of **olive oil** on medium-low heat in a frying pan and cook your **onion** and **pepper** for around 6 mins, then add the **Mexican spice**.

2



2 Whilst your onion cooks, whilst your onion cooks, pour three-quarters of the **kidney beans** into a bowl (still in their sauce) and mash them up thoroughly using a masher (or a fork). **Tip:** *It might look a bit crazy but trust us it'll taste amazing!*

5



3 Once your **onion mixture** has softened up, stir in your mashed **kidney beans**. Add the **water** (as stated in the ingredient list) to your remaining (whole) **kidney beans** and swirl them around, before adding to the pan too.

4 Pre-heat your oven to 200 degrees. Let your **sauce** bubble away gently on low heat until it has thickened enough to fill the tortillas. Meanwhile, roughly chop the **coriander** and **baby gem lettuce**. Chop the **cherry tomatoes** in half.

6



5 For your guacamole, slice the **avocado** in half lengthways and remove the stone. Scoop the **avocado** out using a spoon and then mash it thoroughly with a fork. Mix in some **lime juice**, a bit of **lime zest** and the **sour cream**. Season with a little pinch of **salt** and **black pepper**.

6 Once your **sauce** has thickened take it off the heat and stir through most, but not all, of your chopped **coriander**. Divide your **mixture** into equal portions and spoon it along one end of each **tortilla**. Roll them up, place them in an ovenproof dish and grate the **cheese** over the top. Cook in your oven until your cheese melts.

7 Toss your **cherry tomatoes**, **gem lettuce** and your remaining **coriander** in a splash of **olive oil** (not too much or it'll become quite greasy) and season with some **salt** and **black pepper**. Serve everything with your homemade **guacamole** and devour immediately!

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