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## Tonterita Quesadillas with Homemade Pistachio Refried Beans

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 quesadillas are delivered to your table on a tiny steam train!



30 mins



spicy



veggie



Red Onion (½)



Pistachios (2 tbsp)



Baby Gem Lettuce (1)



Cherry Tomatoes  
(1 punnet)



Cheddar Cheese  
(4 tbsp)



Organic Mixed Beans  
(1 tin)



Habanero Sauce  
(A few drops)



Tomato Purée (1 tbsp)



Cumin  
(¾ tbsp)



Wholemeal Tortilla (4)



Lime (½)



Sour Cream (3 tbsp)

## Ingredients

	2 PEOPLE	ALLERGENS
Red Onion, chopped	½	
Pistachios, crushed	2 tbsp	Nut
Baby Gem Lettuce, shredded	1	
Cherry Tomatoes, halved	1 punnet	
Cheddar Cheese, grated	4 tbsp	Milk
Organic Mixed Beans	1 tin	
Habanero Sauce	A few drops	Sulphites
Tomato Purée	1 tbsp	
Cumin	¾ tbsp	
Wholemeal Tortilla	4	Gluten
Lime	½	
Sour Cream	½ pot	Milk

 Our fruit and veggies come fresh from the farm so give them a little wash before using

### Did you know...

Pistachio oil is used in traditional medicine for massage and aromatherapy?

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



**1** Finely chop half 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 frying pan on medium-low heat. Once hot, cook your red onion gently for 5 mins then add the mixed beans and habanero sauce. Next, add the tomato purée, cumin and 5 tbsp of water. Season with a ¼ tsp of salt and a pinch of pepper. Cook with a lid on for 15 mins.



**3** Pre-heat your oven to 100 degrees and 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 a tortilla. Place the tortilla into the pan (bean side

up!) and scatter over some of the cheese, half of the pistachio nuts and a squeeze of lime juice. **Tip:** To get more juice out of your lime roll it firmly under your hand against the chopping board first to loosen it up.

**6** Place another tortilla across the top and after 3 mins carefully flip the quesadilla 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 taking out of the pan. Keep the quesadilla warm in the oven whilst you cook the next one in the same way.

**7** Drizzle 1 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.

**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!

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