



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Lebanese Cucumbers


Lebanese cucumbers are low in kilojoules and contain vitamins C, A and B6. Nutritionally, their value is in their trace elements, including sodium, potassium and folacin.



L2 Easy Baked Bean Quesadillas

Quick and easy quesadillas to please the whole table! Whole grain tortillas stuffed with ready-made baked beans, capsicum and soft feta cheese served with fresh salsa and guacamole.

 25 minutes

 2 servings

 Vegetarian

19 August 2022

Spice it up!

Add some lime zest and juice to the guacamole along with a dash of your favourite hot sauce or some dried chilli flakes to spice it up!

Per serve: **PROTEIN** 31g **TOTAL FAT** 44g **CARBOHYDRATES** 88g

FROM YOUR BOX

YELLOW CAPSICUM	1
MEXICAN SPICE MIX	1 sachet
BAKED BEANS	400g
LEBANESE CUCUMBER	1
TOMATO	1
AVOCADO	1
CORIANDER	1 packet
TORTILLA WRAPS	8-pack
SOFT FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

large frypan

NOTES

Baked beans can have a sweet flavour. If you find they are too sweet for your taste, you can balance the flavour with dijon mustard, Worcestershire sauce or vinegar.

The amount of bean filling will make four quesadillas. Leftover tortillas can be stored in an airtight container and used as wraps for lunch or breakfast.

No gluten option – Wheat tortillas are replaced with corn tortillas. Warm corn tortillas in a dry frypan. Instead of quesadillas, make a repeating stack of corn tortilla, bean filling, feta and guacamole. Serve salsa on the side.



1. WARM THE BEANS

Heat a frypan over medium-high heat with **oil**. Dice capsicum and add to pan along with Mexican spice mix. Sauté for 2 minutes. Pour in baked beans and cook, stirring, for 4-6 minutes until beans are warmed through (see notes).



2. PREPARE THE SALSA

Dice cucumber and tomato. Add to a bowl along with **1 tsp olive oil, 1 tsp vinegar, salt and pepper**. Stir to combine.



3. MAKE THE GUACAMOLE

Add avocado to a bowl and use a fork to mash. Roughly chop coriander (including stems) and add to bowl along with **1 tsp vinegar, salt and pepper**. Stir to combine.



4. MAKE THE QUESADILLAS

Add bean mix to tortilla (see notes) and crumble over feta. Fold in half.



5. COOK THE QUESADILLAS

Wipe frypan clean. Heat over medium-high heat with **oil**. Add quesadillas and cook for 2-3 minutes each side until golden.



6. FINISH AND SERVE

Serve quesadillas with salsa and guacamole.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

