



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.



## L4 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

 4 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** 25g **TOTAL FAT** 33g **CARBOHYDRATES** 84g

## FROM YOUR BOX

YELLOW CAPSICUM	1
MEXICAN SPICE MIX	1 sachet
BAKED BEANS	2 x 400g
LEBANESE CUCUMBERS	2
TOMATOES	2
AVOCADOS	2
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.

**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 cucumbers and tomatoes. Add to a bowl along with **2 tsp olive oil, 2 tsp vinegar, salt and pepper**. Stir to combine.



### 3. MAKE THE GUACAMOLE

Add avocados to a bowl and use a fork to mash. Roughly chop coriander (including stems) and add to bowl along with **2 tsp vinegar, salt and pepper**. Stir to combine.



### 4. MAKE THE QUESADILLAS

Add bean mix to tortilla 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**

