

# MARLEY SPOON



## Mexican Rice and Beans

with Quesadillas



30-40min



2 Portions

When jalapenos are smoked and preserved, they become chipotle chillies in adobo sauce. The beloved Mexican flavouring adds warmth and complex flavour to a host of dishes, including this quick rice dish with coriander and creamy kidney beans. Served with cheesy quesadillas, this vegetarian dinner is sure to be a hit around the table.

## What we send

- onion
- English smoked cheddar <sup>7</sup>
- flour wraps <sup>1,6,7</sup>
- coriander, spring onion, garlic
- chipotle in adobo sauce <sup>6</sup>
- chicken-style stock cube
- basmati rice
- kidney beans
- baby spinach leaves
- Greek-style yoghurt <sup>7</sup>

## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- medium frypan
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 945kcal, Fat 28.6g, Carbs 125.4g, Proteins 34.4g



**1. Prepare vegetables**

Finely chop the **onion**. Crush or finely chop the **garlic**. Heat **1 tbs olive oil** in a medium saucepan over medium heat. Add the onion and garlic, season with **salt and pepper** and cook, stirring, for 5 mins or until soft. Meanwhile, crumble **1 stock cube** (reserve remainder for another use) into a heatproof jug, add **250ml (1 cup) boiling water** and stir to combine.



**4. Prepare quesadillas**

Meanwhile, coarsely grate **half the cheese** (reserve remainder for another use). Trim and thinly slice the **spring onion**. Combine the cheese, spring onion and plenty of **freshly ground black pepper** in a bowl. Put **2 wraps** on a clean board. Scatter over cheese filling and top with the **remaining wraps**. Press down firmly and brush both sides with **1 tbs oil**.



**2. Cook rice**

Add the **rice** to the pan and stir for 30 secs or until the grains are glossy. Add the **stock** and bring to the boil. Cover the pan, then reduce heat to low and cook for 15 mins or until the rice is almost tender. Remove the pan from the heat.



**5. Cook quesadillas**

Heat a medium frypan over high heat. Cook each **quesadilla** for 1 min each side or until lightly golden and the cheese has melted. Keep warm in the oven.



**3. Add beans**

While the rice is cooking, preheat oven to 120C. Drain and rinse the **kidney beans**. Finely chop **coriander**, including the stems. Stir the beans, coriander, **spinach** and **chipotle sauce** into the **cooked rice** and stand, covered, for 5 mins or until the spinach is wilted, the beans are warmed through and the rice is tender. Season well with **salt and pepper**.



**6. Get ready to serve**

Cut the **quesadillas** into wedges. Divide the **rice and bean mixture** among bowls and serve with the quesadillas and **yoghurt**.