

MARLEY SPOON



Mexican Rice and Beans

with Quesadillas



30-40min



4 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

- basmati rice
- chicken-style stock cube
- coriander, spring onion, garlic
- flour wraps ^{1,6,7}
- English smoked cheese ⁷
- chipotle in adobo sauce ⁶
- baby spinach leaves
- onion
- kidney beans
- Greek-style yoghurt ⁷

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 985kcal, Fat 32.5g, Carbs 125.9g, Proteins 35.6g



1. Cook aromatics

Finely chop the **onions**. Crush or finely chop the **garlic**. Heat **2 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. Crumble the **stock cubes** into a heatproof jug, add **560ml (2¼ cups) boiling water** and stir to combine.



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.



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**.



4. Prepare quesadillas

Meanwhile, coarsely grate the **cheese**. Trim and thinly slice the **spring onion**. Combine the cheese, spring onion and plenty of **freshly ground black pepper** in a bowl. Put **4 wraps** on a clean board. Scatter over the cheese filling and top with the **remaining wraps**. Press down firmly and brush both sides with **2 tbs oil**.



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.



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**.