



# Cheesy Black Bean & Spinach Quesadillas

with Radish Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Black Beans



Tex-Mex Spice Blend



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Radish



Spring Onion



Sour Cream



Beef Mince

Prep in: 25-35 mins  
Ready in: 25-35 mins

All hail the king of toasted breads, the cheesiest and most noble of dinner options, the mighty quesadilla! Tonight, we've filled them with a delicious mix of nutritious ingredients and paired it with a fresh spring onion and radish salsa.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
carrot	1	2
garlic	3 cloves	6 cloves
black beans	1 tin	2 tins
Tex-Mex spice blend	1 large sachet	2 large sachets
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium bag	1 large bag
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (80g)	2 packets (160g)
radish	2	3
spring onion	2 stems	4 stems
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
sour cream	½ large packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3781kJ (904Cal)	714kJ (171Cal)
Protein (g)	34.7g	6.5g
Fat, total (g)	45.4g	8.6g
- saturated (g)	25.9g	4.9g
Carbohydrate (g)	83g	15.7g
- sugars (g)	14.1g	2.7g
Sodium (mg)	1364mg	257mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4977kJ (1190Cal)	760kJ (182Cal)
Protein (g)	63.3g	9.7g
Fat, total (g)	63.1g	9.6g
- saturated (g)	33.8g	5.2g
Carbohydrate (g)	83g	12.7g
- sugars (g)	14.1g	2.2g
Sodium (mg)	1416mg	216mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Thinly slice **onion** (see **ingredients**). Grate **carrot**.
- Finely chop **garlic**. Drain and rinse **black beans**.
- In a medium bowl, add **black beans** and roughly mash with a potato masher or fork.

**Custom Recipe:** If you've added beef mince, drain, rinse and mash only half the black beans.

3



## Bake the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray. Divide **black bean filling** between **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold empty half of each **tortilla** over to enclose filling and press down gently with a spatula. Brush (or spray) tortillas with a drizzle of **olive oil**, then season.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back towards the quesadillas.

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## Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion** and **carrot** until softened, **5 minutes**.
- Add **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Add a dash of **water**, the **butter** and **baby spinach leaves** and cook until wilted, **1 minute**.
- Add **black beans**, then season with **salt** and **pepper** and stir to combine.

**Custom Recipe:** Cook beef mince after the onion and carrot, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.

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## Serve up

- While the quesadillas are baking, thinly slice **radish** and **spring onion**.
- In a second medium bowl, combine radish, spring onion and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide black bean and spinach quesadillas between plates. Top with radish salsa and **sour cream** (see **ingredients**) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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