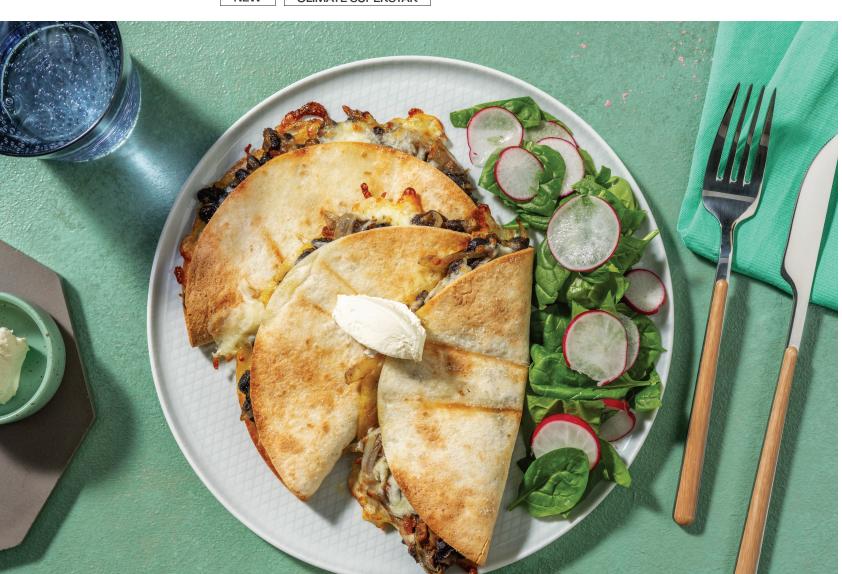


Cheesy Mexican Black Bean Quesadillas with Radish Salad & Sour Cream

NEW

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Mexican Fiesta



Vegetable Stock

Spice Blend



Mini Flour



Tortillas

Shredded Cheddar Cheese





Baby Spinach Leaves

Radish



Sour Cream



Prep in: 20-30 mins Ready in: 40-50 mins

Embark on a culinary fiesta with these cheesy quesadillas, featuring a harmonious blend of gooey melted cheese and black beans encased in a golden, crispy tortilla. Served with a vibrant radish salad and a dollop of cooling sour cream, these quesadillas are a celebration of Mexican flavours.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 \cdot Oven tray lined with baking paper

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
onion	1/2 (large)	1 (large)		
carrot	1	2		
garlic	3 cloves	6 cloves		
black beans	1 tin	2 tins		
Mexican Fiesta spice blend 🥖	1 sachet	1 sachet		
butter*	20g	40g		
vegetable stock powder	1 medium sachet	1 large sachet		
mini flour tortillas	6	12		
shredded Cheddar cheese	1 packet (80g)	2 packets (160g)		
baby spinach leaves	1 small bag	1 medium bag		
radish	1	2		
white wine vinegar*	drizzle	drizzle		
sour cream	½ large packet	1 large packet		
shredded Cheddar cheese**	1 packet (80g)	2 packets (160g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4275kJ (1022Cal)	762kJ (182Cal)
Protein (g)	42.1g	7.5g
Fat, total (g)	46.1g	8.2g
- saturated (g)	26.1g	4.7g
Carbohydrate (g)	100.1g	17.8g
- sugars (g)	14.5g	2.6g
Sodium (mg)	2146mg	382mg
Custom Besins		

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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 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

2024 | CW07



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.



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.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. Add black beans, Mexican
 Fiesta spice blend and garlic and cook, stirring until fragrant, 1-2 minutes.
- Add the butter, vegetable stock powder and a splash of water and stir until combined,
 1 minute.
- Remove pan from heat and lightly crush beans with a potato masher or fork.



Assemble the quesadillas

- Arrange mini flour tortillas on 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.

Custom Recipe: If you've doubled your shredded Cheddar cheese, follow instruction as above.



Bake the quesadillas

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.

TIP: If your oven tray is crowded, divide between two trays.



Bring it all together

- Meanwhile, roughly chop baby spinach leaves.
 Thinly slice radish.
- In a medium bowl, combine radish, baby spinach and a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

- Divide Mexican cheesy black bean quesadillas between plates.
- Serve with radish salad and sour cream (see ingredients) to serve. Enjoy!



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