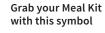


NEW















Tomato







Black Beans

Tex-Mex Spice Blend





Baby Leaves

Mini Flour Tortillas





Shredded Cheddar Cheese

Radish



Spring Onion

Sour Cream

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

Pantry items

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
onion	1/2	1
carrot	1	2
tomato	1	2
garlic	3 cloves	6 cloves
black beans	1 packet	2 packets
Tex-Mex spice blend	1 large sachet	2 large sachets
butter*	20g	40g
baby leaves	1 medium packet	1 large packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 large packet	2 large packets
radish	2	3
spring onion	2 stems	4 stems
vinegar* (white wine or balsamic)	drizzle	drizzle
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3812kJ (911Cal)	657kJ (157Cal)
Protein (g)	35.1g	6.1g
Fat, total (g)	45.3g	7.8g
- saturated (g)	25.9g	4.5g
Carbohydrate (g)	84.7g	14.6g
- sugars (g)	15.8g	2.7g
Sodium (mg)	1366mg	236mg

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.



Get prepped

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



Cook the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 Cook onion, carrot and tomato 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 leaves and cook until wilted,
 1 minute.
- Add **black beans**, then season with **salt** and **pepper** and stir to combine.



Make 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**, season.
- Bake quesadillas until cheese has melted and tortillas are golden,
 10-12 minutes. Spoon any overflowing filling back towards the quesadillas.



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 quesadillas between plates. Top with radish salsa and **sour cream** to serve. Enjoy!



Scan here if you have any questions or concerns

