



Cheesy Black Bean Quesadillas

with Tomato-Radish Salsa & Sour Cream

NEW

Grab your Meal Kit with this symbol



Onion



Carrot



Tomato



Garlic



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

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.

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
olive oil*	refer to method	refer to method
onion	½	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.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW14

1



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.

3



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.

2



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.

4



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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate