

Tex-Mex Black Bean Quesadillas

with Radish Salsa & Cheddar Cheese

CLIMATE SUPERSTAR

















Black Beans



Tex-Mex Spice Blend





Mini Flour

Shredded Cheddar



Tortillas



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 black beans, spring onion and radish salsa.

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	1/2	1
carrot	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	2 medium packets
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3775kJ (902Cal)	713kJ (170Cal)
Protein (g)	34.8g	6.6g
Fat, total (g)	45.3g	8.6g
- saturated (g)	25.9g	4.9g
Carbohydrate (g)	83.2g	15.7g
- sugars (g)	14.5g	2.7g
Sodium (mg)	1364mg	257mg
Dietary Fibre (g)	22.2g	4.2g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4971kJ (1188Cal)	759kJ (181Cal)
Protein (g)	63.4g	9.7g
Fat, total (g)	63.1g	9.6g
- saturated (g)	33.8g	5.2g
Carbohydrate (g)	83.2g	12.7g
- sugars (g)	14.5g	2.2g
Sodium (mg)	1416mg	216mg
Dietary fibre	22.2g	3.4g

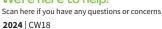
The quantities provided above are averages only.

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!





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 use half the black beans.



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.



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 leaves and cook until wilted, 1 minute.
- Add black beans, then season with salt and pepper and stir to combine.

Custom Recipe: After cooking the onion and carrot, add beef mince and cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe as above.



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 Tex-Mex black bean guesadillas between plates. Top with radish salsa and sour cream to serve. Enjoy!



