



Tex-Mex Black Bean Quesadillas

with Cucumber Salsa & Cheddar Cheese

TAKEAWAY FAVES

Grab your meal kit with this number

10



Recipe Update
We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your



Onion



Carrot



Garlic



Black Beans



Tex-Mex Spice Blend



Baby Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Spring Onion



Sour Cream



Beef Mince



Pork 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 black beans, spring onion and cucumber salsa.

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
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
cucumber	1 (medium)	1 (large)
spring onion	2 stems	4 stems
vinegar* (white wine or balsamic)	drizzle	drizzle
sour cream	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2803kJ (670Cal)	652kJ (156Cal)
Protein (g)	21.6g	5g
Fat, total (g)	40.3g	9.4g
- saturated (g)	23.5g	5.5g
Carbohydrate (g)	54.1g	12.6g
- sugars (g)	13.1g	3g
Sodium (mg)	1191mg	277mg
Dietary Fibre (g)	12.3g	2.9g

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**.
- Finely chop **garlic**. Drain and rinse **black beans**.
- In a medium bowl, add **black beans** and roughly mash with a potato masher or fork.



Make 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. 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**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! 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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM OPTIONS



ADD BEEF MINCE

Before cooking filling, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD PORK MINCE

Before cooking filling, cook pork mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

