

Cheesy Mexican Black Bean Quesadillas

with Radish Salad & Sour Cream

Grab your meal kit with this number

40



Onion



Carrot



Garlic



Black Beans



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Mini Flour Tortillas



Shredded Cheddar Cheese



Baby Leaves



Radish



Sour Cream



Cheddar Cheese



Beef Mince

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 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
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
mini flour tortillas	6	12
shredded Cheddar cheese	1 large packet	2 large packets
baby leaves	1 small packet	1 medium packet
radish	1	2
white wine vinegar*	drizzle	drizzle
sour cream	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2804kJ (670cal)	357kJ (85cal)
Protein (g)	20.6g	2.6g
Fat, total (g)	40.5g	5.2g
- saturated (g)	23.6g	3g
Carbohydrate (g)	53.8g	6.9g
- sugars (g)	12.8g	1.6g
Sodium (mg)	1878mg	239.2mg
Dietary Fibre (g)	11.1g	1.4g

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](https://www.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**.



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.*



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.



Bring it all together

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



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.



Serve up

- Divide cheesy Mexican black bean quesadillas between plates.
- Serve with radish salad and a dollop of **sour cream**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS

+ **DOUBLE CHEDDAR CHEESE**
Follow method above.

+ **ADD BEEF MINCE**
Before cooking filling, cook beef 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.

