



# Tex-Mex Black Bean Quesadillas

with Cucumber Salsa & Cheddar Cheese

Grab your meal kit with this number

10



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
<b>olive oil*</b>	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
<b>butter*</b>	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
<b>vinegar*</b> (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 (669Cal)	652kJ (155Cal)
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](https://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



## 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**.

### CUSTOM OPTIONS



#### ADD BEEF MINCE

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



#### ADD PORK MINCE

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



## 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!

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

