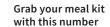
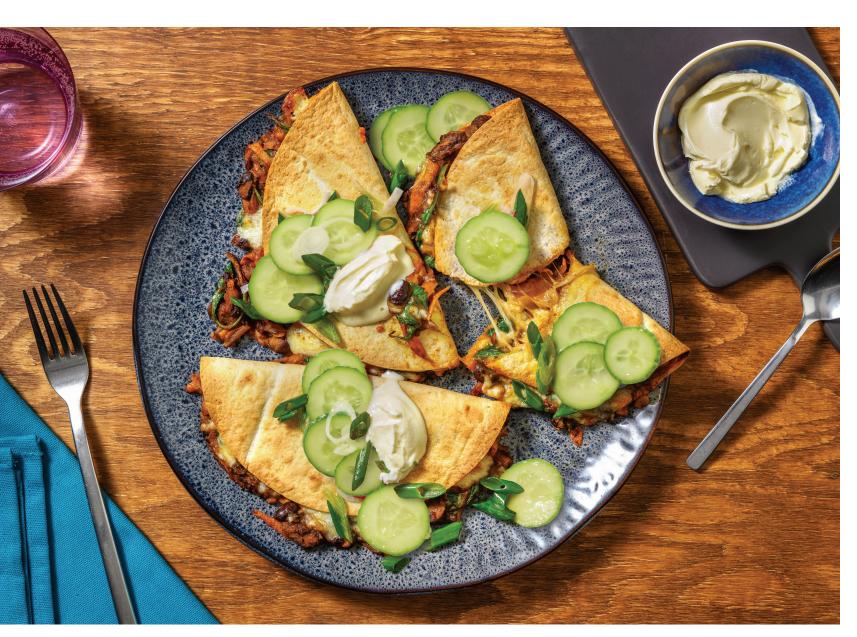


# Tex-Mex Black Bean Quesadillas with Cucumber Salsa & Cheddar Cheese



















Spice Blend



Mini Flour



Shredded Cheddar

Cheese

Tortillas





Cucumber



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 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

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	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	
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	
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<sup>\*</sup>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 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!





**CUSTOM** 

**OPTIONS** 

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



Cook with filling, 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.

