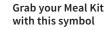
# BBQ Black Bean Quesadillas with Sour Cream & Cucumber Salsa



















Salad Leaves







Mini Flour



Shredded Cheddar

**BBQ Sauce** 

Tortillas

Tomato







Herbs

Sour Cream

**Pantry items** 

Olive Oil, Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### 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
black beans	1 tin	2 tins
barbecue seasoning	1 sachet	2 sachets
butter*	20g	40g
salad leaves	1 small bag	1 medium bag
BBQ sauce	1 packet (40g)	1 packet (80g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
cucumber	1 (medium)	1 (large)
herbs	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
sour cream	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3176kJ (759Cal)	676kJ (162Cal)
Protein (g)	25.9g	5.5g
Fat, total (g)	39.6g	8.4g
- saturated (g)	22.4g	4.8g
Carbohydrate (g)	66.6g	14.2g
- sugars (g)	16.6g	3.5g
Sodium (mg)	1766mg	376mg

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.



## Make the filling

- Preheat oven to 220°C/200°C fan-forced. Drain black beans. Transfer beans to a medium bowl and roughly mash with a potato masher or fork.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook barbecue seasoning until fragrant, 1 minute. Add a dash of water and the butter and cook until combined, 1 minute.
- Add salad leaves, black beans and BBQ sauce and stir until leaves have wilted.



#### Make the salsa

 Meanwhile, roughly chop tomato, cucumber and herbs. In a medium bowl, combine tomato, cucumber, herbs and a drizzle of white wine vinegar and olive oil. Season to taste.



# 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 the 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 with salt and pepper.
- Bake quesadillas until cheese has melted and tortillas are golden,
   10-12 minutes. Spoon any overflowing bean filling and cheese back into quesadillas.

TIP: If your oven tray is crowded, divide between two trays.



## Serve up

- Divide BBQ black bean quesadillas between plates.
- Top with cucumber salsa.
- Dollop over sour cream to serve.

### Enjoy!