



BBQ Black Bean Quesadillas

with Sour Cream & Cucumber Salsa

Grab your Meal Kit with this symbol



Black Beans



Barbecue Seasoning



Salad Leaves



BBQ Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Cucumber



Herbs



Sour Cream

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
Ready in: 20-30 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 BBQ black beans and paired it with a fresh tomato, herb and cucumber salsa.

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

*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.

1



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.

3



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.

2



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.

4



Serve up

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

Enjoy!