



Spinach, Cheddar & Black Bean Quesadillas

with Radish Salsa & Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Carrot



Garlic



Black Beans



Tex-Mex Spice Blend



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Radish



Spring Onion



Greek-Style Yoghurt



Beef Mince

Hands-on: 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 a fresh tomato, spring onion and radish salsa.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Red Wine)

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
red onion	1 (medium)	1 (large)
carrot	1	2
garlic	3 cloves	6 cloves
black beans	1 tin	2 tins
Tex-Mex spice blend	¾ sachet	1½ sachets
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
tomato	1	2
radish	2	4
spring onion	2 stems	4 stems
vinegar* (white wine or red wine)	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom recipe ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3740kJ (893Cal)	542kJ (129Cal)
Protein (g)	39.3g	5.7g
Fat, total (g)	43.1g	6.3g
- saturated (g)	22.5g	3.3g
Carbohydrate (g)	83.4g	12.1g
- sugars (g)	15.6g	2.3g
Sodium (mg)	1666mg	242mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4373kJ (1045Cal)	537kJ (128Cal)
Protein (g)	65.8g	8.1g
Fat, total (g)	47.6g	5.8g
- saturated (g)	24.6g	3g
Carbohydrate (g)	83.1g	10.2g
- sugars (g)	17g	2.1g
Sodium (mg)	1735mg	213mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW14



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red onion**. Grate the **carrot**. Finely chop the **garlic**. Drain and rinse the **black beans**. Transfer the beans to a medium bowl and roughly mash with a potato masher or fork.



Cook the filling

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **carrot** until softened, **5 minutes**. Add the **garlic** and **Tex-Mex spice blend** (see ingredients) and cook until fragrant, **1 minute**. Add a dash of **water**, the **butter** and the **baby spinach leaves** and cook until wilted, **1 minute**. Add the **black beans**, then season with **salt** and **pepper** and stir to combine.

CUSTOM RECIPE

When the onion and carrot have softened, add the beef mince, breaking it up with a spoon, until browned, 4-5 minutes. Continue with step.



Bake the quesadillas

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



Make the salsa

While the quesadillas are baking, roughly chop the **tomato**. Thinly slice the **radish** and **spring onion**. In a second medium bowl, combine the **tomato**, **radish**, **spring onion** and a drizzle of **vinegar**. Drizzle with **olive oil** and season to taste.



Assemble the quesadillas

Arrange the **tortillas** over a lined oven tray. Divide the **black bean filling** between the tortillas, spooning it onto one half of each tortilla, then top with the **shredded Cheddar cheese**. Fold the empty half of each **tortilla** over to enclose the filling and press down gently with a spatula. Brush (or spray) the **tortillas** with a drizzle of **olive oil**, then season.

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



Serve up

Divide the spinach, Cheddar and black bean quesadillas between plates. Top with the radish salsa and **Greek-style yoghurt**.

Enjoy!