



Spinach, Black Bean & Cheddar Quesadillas

with Tomato Salsa & Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Garlic



Lemon



Black Beans



Mexican Fiesta Spice Blend



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Coriander



Greek Yoghurt

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spicy (Mexican Fiesta spice blend)

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 and coriander salsa.

Unfortunately, this week's radish was in short supply, so we've replaced it with tomato. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil

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	½	1
garlic	2 cloves	4 cloves
lemon	½	1
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (120g)	1 bag (240g)
mini flour tortillas	8	16
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
tomato	1	2
coriander	1 bunch	1 bunch
Greek yoghurt	1 packet (100g)	1 packet (175g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3820kJ (913Cal)	686kJ (164Cal)
Protein (g)	38.5g	6.9g
Fat, total (g)	34.7g	6.2g
- saturated (g)	14.2g	2.6g
Carbohydrate (g)	109g	19.6g
- sugars (g)	10.8g	1.9g
Sodium (g)	2150mg	385mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **red onion** (see ingredients list). Finely grate the **garlic** (or use a garlic press). Zest the **lemon** (see ingredients list) to get a **pinch**, then slice into wedges. Drain and rinse the **black beans**. Transfer the **black beans** to a medium bowl and roughly mash with a potato masher or fork.



4. Bake the quesadillas

Bake the **quesadillas** until the cheese has melted and the tortillas are golden, **5-6 minutes**.



2. Cook the quesadilla filling

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook until softened, **5 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add a **dash** of **water** and the **baby spinach leaves** and cook until wilted, **1 minute**. Add the mashed **black beans**, a **pinch** of **lemon zest**, **salt** and **pepper** and stir to combine.



5. Make the salsa

While the quesadillas are baking, finely chop the **tomato** and **coriander**. In a small bowl, combine the **tomato**, **coriander** and a **good squeeze** of **lemon juice**. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**.



3. Assemble the quesadillas

Arrange **1/2** the **mini flour tortillas** on an oven tray lined with baking paper. Divide the **black bean filling** between the **tortillas** and top with the **shredded Cheddar cheese**. Top with the **remaining tortillas**. Press down on the **tortillas** gently with the spatula to flatten. Brush or spray the **tortillas** with **olive oil** and season with **salt** and **pepper**.



6. Serve up

Divide the spinach, black bean and Cheddar quesadillas between plates. Top with the tomato salsa and a dollop of **Greek yoghurt**. Serve with any remaining lemon wedges.

Enjoy!