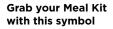


Spinach, Black Bean & Cheddar Quesadillas

with Tomato Salsa & Yoghurt













Black Beans

Baby Spinach

Lemon





Mexican Fiesta Spice Blend



Mini Flour Tortillas

Shredded Cheddar Cheese





Coriander









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.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1/2	1
garlic	2 cloves	4 cloves
lemon	1/2	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 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.



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 mediumhigh 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.



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.



4. Bake the quesadillas

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



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.



6. Serve up

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

Enjoy!