



Spinach, Cheddar & Black Bean Quesadillas

with Radish Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Black Beans



Tex-Mex Spice Blend



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Radish



Spring Onion



Sour Cream



Beef Mince

Prep in: 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

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
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 medium bag	1 large bag
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (80g)	2 packets (160g)
radish	2	3
spring onion	2 stems	4 stems
vinegar* (white wine or red wine)	drizzle	drizzle
sour cream	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3449kJ (824Cal)	651kJ (156Cal)
Protein (g)	30.5g	5.8g
Fat, total (g)	45.4g	8.6g
- saturated (g)	25.7g	4.9g
Carbohydrate (g)	68g	12.8g
- sugars (g)	13.5g	2.5g
Sodium (mg)	1439mg	272mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4645kJ (1110Cal)	710kJ (170Cal)
Protein (g)	59.1g	9g
Fat, total (g)	63.1g	9.6g
- saturated (g)	33.5g	5.1g
Carbohydrate (g)	68g	10.4g
- sugars (g)	13.5g	2.1g
Sodium (mg)	1476mg	226mg

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.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW10

1



Get prepped

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

3



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

2



Cook the filling

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

Custom Recipe: If you've added beef mince, cook beef after the onion and carrot, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.

4



Serve up

- While the quesadillas are baking, thinly slice **radish** and **spring onion**.
- In a second medium bowl, combine radish, spring onion and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide spinach, Cheddar and black bean quesadillas between plates. Top with radish salsa and **sour cream** to serve. Enjoy!

Rate your recipe

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