



Cheddar & Black Bean Quesadillas

with Radish Salsa & Sour Cream

Grab your Meal Kit with this symbol



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!



Onion



Carrot



Garlic



Black Beans



Tex-Mex Spice Blend



Salad Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Radish



Spring Onion



Sour Cream

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 spring onion and radish salsa.

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
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	1 ½ sachets
butter*	20g	40g
salad leaves	1 medium bag	1 large bag
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
radish	3	6
spring onion	2 stems	4 stems
vinegar* (white wine or red wine)	drizzle	drizzle
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3679kJ (879Cal)	632kJ (151Cal)
Protein (g)	33.3g	5.7g
Fat, total (g)	49.2g	8.5g
- saturated (g)	27.9g	4.8g
Carbohydrate (g)	69.7g	12g
- sugars (g)	15.1g	2.6g
Sodium (mg)	1521mg	261mg

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.



Get prepped

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



Bake the quesadillas

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



Cook the filling

SPICY! This is a mild spice blend, but use less if you're sensitive to heat! 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 **salad leaves** and cook until wilted, **1 minute**. Add **black beans**, then season with **salt** and **pepper** and stir to combine.



Make the salsa

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.



Assemble 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.

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



Serve up

Divide Cheddar and black bean quesadillas between plates. Top with radish salsa and **sour cream** to serve.

Enjoy!