



# Cheddar & Black Bean Quesadillas

with Radish Salsa & Sour Cream

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Black Beans



Tex-Mex Spice Blend



Salad Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Radish



Spring Onion



Sour Cream

### 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!

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 carrot, 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	1½ 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	2	3
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](https://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](https://hellofresh.co.nz/contact)

2022 | CW22

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## 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**.
- In a medium bowl, add **black beans** and roughly mash with a potato masher or fork.

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## 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 into quesadillas.

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

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## 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 **salad leaves** and cook until wilted, **1 minute**.
- Add **black beans**, then season with **salt** and **pepper** and stir to combine.

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## Serve up

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

## Enjoy!