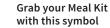


Spinach, Cheddar & Black Bean Quesadillas with Radish Salsa & Sour Cream

CLIMATE SUPERSTAR











Garlic Black Beans



Tex-Mex Spice



Baby Spinach

Leaves

Blend



Mini Flour



Shredded Cheddar

Tortillas





Radish





Spring Onion

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.



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

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	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





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.



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.



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.



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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