



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK11  
2016



## Superfood Quesadillas with Cherry Tomato Salsa

Forget the Tex-Mex quesadillas of the past; this beauty is jam-packed with nutrients, earning its superfood crown. The secret to a killer Mexican feast is a refreshing salsa made with sweet tomato and punchy coriander. So simple, yet so satisfying!

 **Prep:** 10 mins  
 **Cook:** 20 mins  
**Total:** 30 mins  
 **high protein**

 **level 2**  
 **spicy**

### Pantry Items



Olive Oil



Red Onion



Garlic



Mexican  
Spice Mix



Black Beans



Kale



Lime



Cheddar Cheese



Cherry Tomatoes



Coriander



Mini Flour Tortillas



Free-Range Eggs

JOIN OUR PHOTO CONTEST

   #HelloFreshAU

| 2P       | 4P        | Ingredients                     |
|----------|-----------|---------------------------------|
| 1 tbs    | 2 tbs     | olive oil *                     |
| ½        | 1         | red onion, finely chopped       |
| 1 clove  | 2 cloves  | garlic, peeled & crushed        |
| 1 tsp    | 2 tsp     | Mexican spice mix               |
| 1 bunch  | 2 bunches | kale, destemmed & finely sliced |
| ½ tin    | 1 tin     | black beans, drained & rinsed   |
| ½        | 1         | lime, zested & cut into wedges  |
| ½ punnet | 1 punnet  | cherry tomatoes, quartered      |
| 1 bunch  | 2 bunches | coriander, leaves chopped       |
| 6        | 12        | mini flour tortillas            |
| 3        | 6         | free-range eggs                 |
| 1 block  | 2 blocks  | Cheddar cheese, grated          |

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

|              |      |    |
|--------------|------|----|
| Energy       | 3810 | Kj |
| Protein      | 38.8 | g  |
| Fat, total   | 35.4 | g  |
| -saturated   | 10.2 | g  |
| Carbohydrate | 106  | g  |
| -sugars      | 7.1  | g  |
| Sodium       | 1500 | mg |



**You will need:** *chef's knife, chopping board, garlic crusher, grater, small bowl, medium bowl, paper towel, spatula, 2 large plates, aluminium foil, paper towel, and a medium frying pan.*



**1** Heat half of the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and the **Mexican spice mix**. Cook, stirring, for **1 minute** or until fragrant. Add a splash of water and the **kale** and cook for **2-3 minutes** or until the kale has wilted. Stir through the **black beans**, a pinch of the **lime zest** and season with **salt** and **pepper**. Transfer to a medium bowl. Wipe the pan clean with paper towel.

**2** Combine the **cherry tomatoes**, **coriander**, the juice from half of the **lime wedges** and the remaining olive oil in a small bowl. Season with salt and pepper and set aside.



**3** Place the same frying pan back over a medium heat. Spray with a little olive oil. Place one **mini flour tortilla** in the pan and spoon over some of the kale and black bean mixture. Crack a **free-range egg** over the top and use a fork to lightly break it up. Sprinkle with a little of the **Cheddar cheese** and then top with another tortilla. Cook for **1-2 minutes** or until golden, pressing down firmly with a spatula.



**4** To flip the quesadilla, slide it out of the pan (cooked side down) with a spatula on to a large plate. Place the frying pan over the uncooked tortilla and flip the plate so that it lands with the uncooked side down in the frying pan. Cook for **1-2 minutes** or until golden. Transfer to the plate and cover with foil to keep warm. Repeat with the remaining tortillas, kale mixture, cheese, and eggs.

**5** Cut the quesadillas into quarters and serve topped with the tomato salsa and remaining lime wedges.