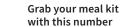


Mexican Black Bean & Veggie Quesadillas

with Sour Cream & Tomato Salsa

CLIMATE SUPERSTAR













Brown Onion









Tomato Paste



Cheddar Cheese

Mini Flour Tortillas



Tomato



Coriander



Light Sour Cream





Prep in: 20-30 mins Ready in: 25-35 mins

Stress less about dinnertime thanks to this dish with maximum flavour and minimal effort. Make an easy black bean filling for the quesadillas flavoured with our tasty spice blend, that works perfectly with sour cream and a refreshing tomato salsa.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
black beans	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
brown onion	1	2
Mexican Fiesta spice blend ∮	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water*	1/4 cup	½ cup
butter*	20g	40g
baby spinach leaves	1 medium packet	1 large packet
mini flour tortillas	6	12
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
coriander	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
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^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3529kJ (844cal)	288kJ (69cal)
Protein (g)	33.1g	2.7g
Fat, total (g)	36g	2.9g
- saturated (g)	17.1g	1.4g
Carbohydrate (g)	86.9g	7.1g
- sugars (g)	19.3g	1.6g
Sodium (mg)	1448mg	118.2mg
Dietary Fibre (g)	18.8g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped & cook the filling

- Preheat oven to 220°C/200°C fan-forced.
- Drain and rinse black beans. Drain sweetcorn. Finely chop brown onion.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook black beans, onion and corn, stirring, until tender, 2-3 minutes. Lightly mash black bean mixture with a potato masher or fork.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. Add
 Mexican Fiesta spice blend and tomato paste, then cook until fragrant,
 1 minute.
- Stir in the water, butter and baby spinach leaves, until wilted and combined, 1-2 minutes.



Make the tomato salsa

- Meanwhile, finely chop tomato and coriander.
- In a medium bowl, combine tomato, coriander and a drizzle of white wine vinegar and olive oil. Season to taste.



Bake the quesadillas

- Arrange mini flour tortillas over a lined oven tray. Divide bean mixture among tortillas, spooning it onto one half of each tortilla, then top with Cheddar cheese.
- Fold empty half of each tortilla over to enclose filling and press down with spatula. Brush or spray tortillas with a drizzle of olive oil and season with salt and pepper.
- Bake quesadillas until cheese has melted and tortillas are golden,
 8-10 minutes. Spoon any overflowing filling and cheese back into quesadillas.

TIP: Place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.



Serve up

- Divide Mexican black bean and veggie quesadillas between plates.
- Top with tomato salsa and serve with a dollop of **light sour cream**. Enjoy!









Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

