



BLACK BEAN & CHARRED CORN QUESADILLAS

with Sour Cream & Pickled Salsa



Make a pickled salsa!



Red Onion



Long Green Chilli (Optional)



Black Beans



Corn



Garlic



All-American Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Cucumber



Coriander



Sour Cream

Hands-on: **20 mins**
Ready in: **30 mins**
Spicy (optional long green chilli)

We know dinnertime can be a crazy rush, so this dish is all about getting maximum flavour with minimal effort. Make an easy mashed black bean filling for the quesadillas, flavour it with our tasty All-American spice blend and then spice up the salsa with the addition of an easy pickled onion and chilli. Simple and scrumptious!

Pantry Staples: Olive Oil, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium frying pan** • **oven tray** lined with **baking paper**



1 PICKLE THE ONION & CHILLI
 Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **red onion**. Thinly slice the **long green chilli** (if using). **TIP:** You can leave the chilli out of the pickle and use it as a garnish in step 6 if you prefer. In a small bowl, combine the **white wine vinegar**, **water** and a **good pinch** of **sugar** and **salt**. Add the **chilli** and **1/2** the **onion** to the pickling liquid and stir to coat. Set aside.



2 PREPARE THE BEANS
 Drain and rinse the **black beans**. Transfer the black beans to a medium bowl and roughly mash with a potato masher or fork.



3 COOK THE FILLING
 Slice the kernels off the **corn** cob. Finely chop the **garlic** (or use a garlic press). Heat a medium frying pan over a high heat. Add the corn kernels and **remaining red onion** and cook until lightly browned, **4-5 minutes**. **TIP:** Cover the pan with a lid if the kernels are "popping" out! Add the garlic and **All-American spice blend** (see ingredients list) and cook, tossing, until fragrant, **1 minute**. Add the mashed **black beans** and a **dash** of **water**. Season with **salt** and **pepper** and cook, stirring, until combined, **1 minute**.



4 BAKE THE QUESADILLAS
 Arrange **1/2** the **mini flour tortillas** on an oven tray lined with baking paper. Divide the **black bean** mixture between the tortillas and sprinkle with the **shredded Cheddar cheese**. Top with the remaining tortillas. Press down on the tortillas gently with a spatula. Brush or spray the tortillas with **olive oil** and season with **salt** and **pepper**. Bake until the cheese has melted and the tortillas are golden, **6-7 minutes**.



5 MAKE THE SALSA
 While the quesadillas are baking, finely chop the **tomato** and **cucumber**. Roughly chop the **coriander**. Drain the pickled **onion** and **chilli**. In a small bowl, combine the tomato, cucumber, coriander and pickled onion and chilli. **TIP:** Leave the pickled onion and chilli out of the salsa and save it for a garnish if you prefer. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to combine.



6 SERVE UP
 Cut the quesadillas into quarters and divide between plates. Top with the pickled salsa and serve with **sour cream**.

ENJOY

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
long green chilli (optional)	1	2
white wine vinegar*	¼ cup	½ cup
water*	¼ cup	½ cup
black beans	1 tin	2 tins
corn	1	2
garlic	2 cloves	4 cloves
All-American spice blend	1½ sachets	3 sachets
mini flour tortillas	8	16
shredded Cheddar cheese	1 packet (100 g)	2 packets (200 g)
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
sour cream	1 packet (100 g)	1 packet (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3780kJ (902Cal)	585kJ (140Cal)
Protein (g)	36.5g	5.7g
Fat, total (g)	38.6g	6.0g
- saturated (g)	18.3g	2.8g
Carbohydrate (g)	101g	15.6g
- sugars (g)	18.0g	2.8g
Sodium (g)	1830mg	284mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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