



SPINACH & BLACK BEAN QUESADILLAS

with Zesty Salsa & Yoghurt



Make a black bean quesadilla



Brown Onion



Garlic



Lemon



Black Beans



Mexican Fiesta Spice Blend



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Kumato



Coriander



Greek Yoghurt

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spicy (Mexican Fiesta spice blend)

All hail the king of toasted breads, the cheesiest and most noble of dinner options, the mighty quesadilla! Tonight, we've filled him with a delicious mix of nutritious ingredients and paired him with a fresh kumato-coriander salsa.

Pantry Staples: Olive Oil

BEFORE YOU START

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



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion** (see **ingredients list**). Finely grate the **garlic** (or use a garlic press). Zest the **lemon** (see **ingredients list**) and cut into wedges. Drain and rinse the **black beans**. Transfer the **black beans** to a medium bowl and roughly mash with a potato masher or fork.



2 COOK THE FILLING

SPICY! You may find the *spice blend hot!* Feel free to add less, depending on your taste. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook until softened, **5 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add a **dash of water** and the **baby spinach leaves** and cook until wilted, **1 minute**. Add the mashed **black beans**, a **pinch of lemon zest** and season with **salt** and **pepper**. Stir to combine. Transfer to a medium bowl.



3 ASSEMBLE THE QUESADILLAS

Arrange **1/2** the **mini flour tortillas** (see **ingredients list**) on an oven tray lined with baking paper. Divide the **black bean mixture** between the tortillas and top with **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**.



4 BAKE THE QUESADILLAS

Bake the **quesadillas** until the cheese has melted and the tortillas are golden, **5-6 minutes**.



5 MAKE THE SALSA

While the quesadillas are baking, finely chop the **kumato** and **coriander**. In a small bowl, combine the **kumato**, **coriander** and a **good squeeze of lemon juice**. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the spinach, black bean and cheese quesadillas between plates. Top with the kumato-coriander salsa and a dollop of the **Greek yoghurt**. Serve with any remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
lemon	½	1
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (120g)	1 bag (240g)
mini flour tortillas	8	16
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
kumato	1	2
coriander	1 bag	1 bag
Greek yoghurt	1 packet (100g)	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4120kJ (985Cal)	598kJ (143Cal)
Protein (g)	43.8g	6.4g
Fat, total (g)	35.1g	5.1g
- saturated (g)	14.2g	2.1g
Carbohydrate (g)	123g	17.9g
- sugars (g)	13.2g	1.9g
Sodium (g)	2430mg	352mg

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

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Hello@HelloFresh.com.au

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