

Garlicky Black Bean Quesadillas

with Plant-Based Aioli & Cheddar Cheeze

Grab your Meal Kit with this symbol



Red Onion



Garlic



Carrot



Black Beans



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



Mini Flour Tortillas



Plant-Based Shredded Cheddar Cheese



Cucumber



Parsley



Cos Lettuce



Plant-Based Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Plant based

Crispy on the outside, and full of melty, tomaty deliciousness on the inside, these hearty plant-based quesadillas are the real deal. Serve with a pickled onion-adorned salad and meet your new favourite meat-free recipe!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
white wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
carrot	1	2
black beans	1 tin	2 tins
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
vegetable stock powder	1 medium sachet	1 large sachet
water*	½ cup	1 cup
mini flour tortillas	6	12
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
parsley	1 bag	1 bag
cos lettuce	½ head	1 head
plant-based aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2768kJ (661Cal)	470kJ (112Cal)
Protein (g)	20.4g	3.5g
Fat, total (g)	30.8g	5.2g
- saturated (g)	7g	1.2g
Carbohydrate (g)	77.5g	13.2g
- sugars (g)	18.8g	3.2g
Sodium (mg)	2324mg	395mg

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

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red onion**. In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Add 1/2 the **red onion** to the **pickling liquid**. Add enough **water** to just cover the **onion**, then set aside. Finely chop the **garlic**. Grate the **carrot**. Drain and rinse the **black beans**.



Bake the quesadillas

Bake the quesadillas until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon any overflowing **filling** and **cheese** back into the **quesadillas**.

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



Cook the filling

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and remaining **onion**, stirring, until tender, **2-3 minutes**. Add the **garlic**, **tomato paste** and **garlic & herb seasoning** and cook until fragrant, **1 minute**. Add the **black beans**, **vegetable stock powder** and the **water** and simmer, stirring, until slightly thickened, **2-3 minutes**. Lightly mash the **beans** with a potato masher or fork. Season to taste.



Make the salad

While the quesadillas are baking, roughly chop the **cucumber** and **parsley**. Finely shred **cos lettuce** (see ingredients). In a medium bowl, combine a drizzle of **olive oil** and a splash of the **pickling liquid**. Season to taste, then add the **cucumber**, **cos lettuce** and 1/2 the **parsley**. Drain the pickled **onion** and add to the **salad**, tossing to combine.



Assemble the quesadillas

Arrange the **mini flour tortillas** over a lined oven tray. Divide the **bean mixture** among the **tortillas**, spooning it onto one half of each **tortilla**, then top with the **plant-based shredded Cheddar cheese**. Fold the empty half of each **tortilla** over to enclose the filling and press down gently with a spatula. Brush or spray with a drizzle of **olive oil**. Season with **salt** and **pepper**.



Serve up

Divide the garlicky black bean quesadillas between plates. Sprinkle with the remaining parsley. Serve with the salad and **plant-based aioli**.

Enjoy!

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