



Cheesy Black Bean & Spinach Quesadillas

with Radish Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Black Beans



Tex-Mex Spice Blend



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Radish



Spring Onion



Sour Cream



Beef Mince

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

All hail the king of toasted breads, the cheesiest and most noble of dinner options, the mighty quesadilla! Tonight, we've filled them with a delicious mix of nutritious ingredients and paired it with black beans, spring onion and radish salsa.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

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

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
carrot	1	2
garlic	3 cloves	6 cloves
black beans	1 packet	2 packets
Tex-Mex spice blend	1 sachet	2 sachets
butter*	20g	40g
baby spinach leaves	1 medium packet	1 large packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 large packet	2 large packets
radish	2	3
spring onion	2 stems	4 stems
vinegar* (white wine or balsamic)	drizzle	drizzle
sour cream	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3059kJ (731Cal)	625kJ (149Cal)
Protein (g)	25.5g	5.2g
Fat, total (g)	30.4g	6.2g
- saturated (g)	16.9g	3.5g
Carbohydrate (g)	83.2g	17g
- sugars (g)	14.5g	3g
Sodium (mg)	1087mg	222mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4255kJ (1017Cal)	692kJ (165Cal)
Protein (g)	54.1g	8.8g
Fat, total (g)	48.1g	7.8g
- saturated (g)	24.8g	4g
Carbohydrate (g)	83.2g	13.5g
- sugars (g)	14.5g	2.4g
Sodium (mg)	1139mg	185mg

The quantities provided above are averages only.

Allergens

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

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW10



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Thinly slice **onion** (see **ingredients**). Grate **carrot**.
- Finely chop **garlic**. Drain and rinse **black beans**.
- In a medium bowl, add **black beans** and roughly mash with a potato masher or fork.

Custom Recipe: If you've added beef mince, drain and rinse only half the black beans.

3



Bake the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray. Divide **black bean filling** between **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold empty half of each **tortilla** over to enclose filling and press down gently with a spatula. Brush (or spray) tortillas with a drizzle of **olive oil**, then season.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back towards the quesadillas.

2



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion** and **carrot** until softened, **5 minutes**.
- Add **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Add a dash of **water**, the **butter** and **baby spinach leaves** and cook until wilted, **1 minute**.
- Add **black beans**, then season with **salt** and **pepper** and stir to combine.

Custom Recipe: After cooking the onion and carrot, add beef mince and cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

4



Serve up

- While the quesadillas are baking, thinly slice **radish** and **spring onion**.
- In a second medium bowl, combine radish, spring onion and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide black bean and spinach quesadillas between plates. Top with radish salsa and **sour cream** to serve. Enjoy!

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