



# Spinach, Cheddar & Black Bean Quesadillas

with Tomato Salsa & Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Carrot



Garlic



Black Beans



Tex-Mex Spice Blend



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Spring Onion



Yoghurt

Hands-on: 25-35 mins  
Ready in: 30-40 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 a fresh tomato and spring onion salsa.

## Pantry items

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

## 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 (medium)	1 (large)
carrot	1	2
garlic	3 cloves	6 cloves
black beans	1 tin	2 tins
Tex-Mex spice blend	1 sachet	2 sachets
butter*	10g	20g
baby spinach leaves	1 bag (60g)	1 bag (120g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
tomato	2	4
spring onion	2 stems	4 stems
vinegar* (white wine or red wine)	drizzle	drizzle
yoghurt	1 small packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3690kJ (880Cal)	535kJ (128Cal)
Protein (g)	37.1g	5.4g
Fat, total (g)	35.6g	5.2g
- saturated (g)	16.6g	2.4g
Carbohydrate (g)	100g	14.5g
- sugars (g)	18.7g	2.7g
Sodium (mg)	2140mg	311mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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**. Grate the **carrot** (unpeeled). Finely grate the **garlic**. Drain and rinse the **black beans**. Transfer the **beans** to a medium bowl and roughly mash with a potato masher or fork.



## Bake the quesadillas

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



## Cook the quesadilla filling

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



## Make the salsa

While the quesadillas are baking, roughly chop the **tomato**. Thinly slice the **spring onion**. In a small bowl, combine the **tomato**, **spring onion** and a drizzle of **vinegar**. Drizzle with **olive oil** and season to taste.



## Assemble the quesadillas

Arrange the **mini flour tortillas** over an oven tray lined with baking paper. Divide the **black bean mixture** among the **tortillas**, spooning it onto one half of each tortilla, then top with **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 the tortillas with a drizzle of **olive oil** and season with salt and pepper.

**TIP:** If your oven tray is crowded, separate across two trays.



## Serve up

Divide the spinach, Cheddar and black bean quesadillas between plates. Top with the tomato salsa and **yoghurt**.

## Enjoy!