



Quick Spinach, Cheddar & Black Bean Quesadillas

with Radish 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



Radish



Spring Onion



Sour Cream

 Hands-on: **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 it with a delicious mix of nutritious ingredients and paired it with a fresh spring onion and radish 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	¾ sachet	1½ sachets
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
radish	3	6
spring onion	2 stems	4 stems
vinegar* (white wine or red wine)	drizzle	drizzle
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3979kJ (951Cal)	606kJ (145Cal)
Protein (g)	38.5g	5.9g
Fat, total (g)	49.7g	7.6g
- saturated (g)	27.9g	4.2g
Carbohydrate (g)	80.5g	12.3g
- sugars (g)	15.5g	2.4g
Sodium (mg)	1672mg	254mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Thinly slice **red onion**. Grate **carrot**. Finely chop **garlic**. Drain and rinse **black beans**.
- Transfer **beans** to a medium bowl and roughly mash.



Assemble & bake the quesadillas

- Arrange **tortillas** over a lined oven tray. Divide **black bean filling** between tortillas, spooning onto one half of each **tortilla**. Top with **shredded Cheddar cheese**.
- Fold empty half of each **tortilla** over to enclose filling, then press down 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 toward quesadillas.

TIP: If your oven tray is crowded, divide between two trays.



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **onion** and **carrot** until softened, **5 minutes**.
- Add **garlic** and **Tex-Mex spice blend** (see ingredients) 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.



Serve up

- 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 spinach, Cheddar and black bean quesadillas between plates.
- Top with radish salsa and **sour cream** to serve.

Enjoy!