



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 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!