



JUL
2016

Zucchini & Smoky Bean Quesadillas

with Lime Sour Cream and Romaine Salad

Crisp flour tortillas are stuffed with black beans, sautéed onions and zucchini. Goopy, melted cheese ties everything together, and a crisp side salad cools it all down.

 *Prep*
30 min

 *level 1*

 *veggie*



Flour Tortillas



Yellow Onion



Zucchini



Black Beans



Jalapeño



Lime



Plum Tomato



Sour Cream



Romaine Heart
Lettuce



Cheddar
Cheese



Southwest
Spice Blend

Ingredients

	2 People	4 People	
Flour Tortillas, 10-in	2	4	*Not Included
Romaine, thinly sliced	1 pkg	2 pkg	
Onion, sliced	1 pkg	2 pkg	Allergens
Cheddar Cheese	1 pkg	2 pkg	1) Wheat/Blé
Lime	1	2	2) Milk/Lait
Southwest Spice Blend	1 pkg	2 pkg	
Jalapeño 	1	2	
Black Beans	1 can	2 cans	
Zucchini, rounds	1 pkg	2 pkg	Tools
Plum Tomatoes	1	2	Zester, Strainer, Large pan, Small bowl, Baking sheet, Medium bowl
Sour Cream	2)	2 pkg	
Olive or Canola Oil*			

Ruler
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Nutrition per person Calories: 718 cal | Fat: 37g | Protein: 43 g | Carbs: 66 g | Fiber: 18 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Prep: Wash and dry all produce. Zest and juice the **lime**. Dice the **tomato** into 1/2-inch cubes. Drain and rinse the **beans**. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat.

2 Cook the veggies: Heat a drizzle of **oil** in a large pan over medium heat. Add the **onion** and cook for 3-5 minutes, until softened. Add the **zucchini** and cook, tossing for another 2-3 minutes, until slightly softened.

4



3 Make the lime sour cream: Meanwhile, in a small bowl, combine the **sour cream** and **lime zest**. Set aside.

4 Finish the veggies: Add the **beans, tomatoes, Southwest spice blend**, and as much **jalapeño** as you dare! Toss for about 5 minutes, until warmed through. Season with **salt** and **pepper**. Transfer mixture to a medium bowl.

5



5 Make the quesadillas: Clean out the pan, then heat one **tortilla** over medium heat. Sprinkle one half of the **tortilla** with **cheese**, then top with the **zucchini** and **bean mixture**. Sprinkle with more **cheese**. Carefully fold the other half of the **tortilla** over the filling. Cook over medium heat until the tortilla is crispy and cheese has melted, about 3 minutes per side. (Repeat with the other quesadilla if you're serving 4 People.)

6 Make the romaine salad: In a medium bowl, toss the **romaine lettuce**, **lime juice**, a drizzle of **oil** and season with **salt** and **pepper**.

7 Finish and serve: Cut the **quesadillas** into wedges. Serve with the **lime sour cream** and **romaine salad** to the side. Enjoy!

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