



SUPERFOOD BLACK BEAN & CHEESE QUESADILLAS

with Tomato-Coriander Salsa



Add superfoods to a cheesy quesadilla



Red Onion



Garlic



Kale



Greek Yogurt



Lemon



Black Beans



Cheddar Cheese



Taco Spice Blend



Mini Flour Tortillas



Tomato



Coriander

Hands-on: 25 mins
Ready in: 30 mins

All hail the king of toasted breads, the cheesiest and most noble of dinner options, the mighty quesadilla! Tonight, we've filled him with a delicious mix of superfoods and paired him with a fresh tomato-coriander salsa. A royal showing, to be sure.

Pantry Staples: Olive Oil, Salt, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, sieve, zester, box grater, medium frying pan, wooden spoon, medium bowl, fork, paper towel, spoon, large spatula, large plate, aluminium foil** and a **small bowl**.



1 GET PREPPED

Finely slice the **red onion** (use suggested amount). Peel and finely grate the **garlic**. Remove the stem from the **kale** and roughly chop the leaves. Drain and rinse the **black beans** (use suggested amount). Zest the **lemon** (use suggested amount) and slice into wedges. Grate the **Cheddar cheese**.



2 COOK THE QUESADILLA FILLING

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook for **5 minutes**, or until softened. Add the **garlic** and **Taco spice blend** and cook for **1 minute**, or until fragrant. Add a **dash of water** and the **kale** and cook for **2-3 minutes**, or until wilted. Stir through the **black beans** and add a **pinch of lemon zest** and **pepper**. Transfer to a medium bowl.



3 ASSEMBLE THE QUESADILLAS

Add the **salt** (use suggested amount) to the bowl with the black beans and crack in the **eggs**. Mix with a fork to combine. **TIP:** *The egg will add moisture to the quesadillas.* Wipe the pan clean with a paper towel, add a **drizzle of olive oil** and return to a medium heat. Place **1 mini flour tortilla** in the pan and spread over a spoonful of the bean mixture. Sprinkle with **Cheddar cheese** and top with another tortilla. Cook for **1-2 minutes**, until golden on one side.



4 FLIP THE QUESADILLAS

Flip the quesadilla in the pan and cook for a further **1-2 minutes** on the other side, or until golden. **TIP:** *Use a large spatula to flip!* Transfer the cooked quesadilla to a large plate and cover with foil to keep warm. Repeat with the **remaining tortillas, bean mixture** and **Cheddar cheese**.



5 MAKE THE TOMATO-CORIANDER SALSA

While the tortillas are cooking, roughly dice the **tomato**. Roughly chop the **coriander** leaves. Transfer the tomato and coriander to a small bowl and squeeze over the juice from **1/2 of the lemon** wedges. **Drizzle** with **olive oil** and season to taste with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the superfood black bean and cheese quesadillas and the tomato-coriander salsa between plates. Serve the remaining lemon wedges and the **Greek yoghurt** on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
garlic	2 cloves	4 cloves
kale	1 bunch	2 bunches
black beans	½ tin (200 g)	1 tin (400 g)
lemon	½	1
Cheddar cheese	1 block (100 g)	2 blocks (200 g)
Taco spice blend	2 sachets (1 tbs)	4 sachets (2 tbs)
salt*	¼ tsp	½ tsp
eggs*	2	4
mini flour tortillas	6	12
tomato	1	2
coriander	1 bunch	1 bunch
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3310kJ (790Cal)	597kJ (143Cal)
Protein (g)	40.2g	7.3g
Fat, total (g)	38.9g	7.0g
- saturated (g)	15.9g	2.9g
Carbohydrate (g)	68.6g	12.4g
- sugars (g)	10.7g	1.9g
Sodium (g)	1600mg	288mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK5 | C

