



SPINACH & BLACK BEAN QUESADILLAS

with Zesty Salsa & Yoghurt



Make a black bean quesadilla



Red Onion



Garlic



Lime



Black Beans



Mexican Fiesta Spice Blend



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Coriander



Greek Yoghurt



Hands-on: **25 mins**
Ready in: **30 mins**



Spicy (Mexican Fiesta spice blend)

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 nutritious ingredients and paired him with a fresh tomato-coriander salsa. A royal showing, to be sure.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan** • **oven tray** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **red onion** (see **ingredients list**). Finely grate the **garlic** (or use a garlic press). Zest the **lime** and cut into wedges (see **ingredients list**). Drain and rinse the **black beans**. Transfer the black beans to a medium bowl and roughly mash with a potato masher or fork.



2 COOK THE QUESADILLA FILLING

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook until softened, **5 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add a **dash** of **water** and the **baby spinach leaves** and cook until wilted, **1 minute**. Add the mashed **black beans**, a **pinch** of **lime zest**, **salt** and **pepper** and stir to combine.

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste.



3 ASSEMBLE THE QUESADILLAS

Arrange **1/2** the **mini flour tortillas** (see **ingredients list**) on an oven tray lined with baking paper. Divide the **black bean mixture** between the tortillas and top with **shredded Cheddar cheese**. Top with the remaining tortillas. Press down on the tortillas gently with a spatula. Brush or spray the tortillas with **olive oil** and season with **salt** and **pepper**.



4 BAKE THE QUESADILLAS

Bake the quesadillas until the cheese has melted and the tortillas are golden, **5-6 minutes**.



5 MAKE THE SALSA

While the quesadillas are baking, finely chop the **tomato** and **coriander**. In a small bowl, combine the tomato, coriander and a **good squeeze** of **lime juice**. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**. Cut the remaining **lime** into wedges.



6 SERVE UP

Divide the spinach, black bean and cheese quesadillas between plates. Top with the tomato-coriander salsa and **Greek yoghurt**. Serve with the lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
garlic	2 cloves	4 cloves
lime	½	1
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (120 g)	1 bag (240 g)
mini flour tortillas	8	16
shredded Cheddar cheese	1 packet (100 g)	2 packets (200 g)
tomato	1	2
coriander	1 bag	1 bag
Greek yoghurt	1 pack (100 g)	2 packs (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3450kJ (825Cal)	619kJ (148Cal)
Protein (g)	36.4g	6.5g
Fat, total (g)	35.3g	6.3g
- saturated (g)	14.5g	2.6g
Carbohydrate (g)	89.7g	16.1g
- sugars (g)	13.3g	2.4g
Sodium (g)	1970mg	352mg

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

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

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