



Black bean quesadillas

with chipotle mayo and fresh salad



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, frying pan x 2



Pantry items needed: olive oil, tomato paste, salt



Hands-on: 35-45 minutes
Ready in: 35-45 minutes



Serves: 2 or 4

A quesadilla is the Mexican equivalent of a toasted sandwich, crispy on the outside and filled with gooey cheese and in this case, delicious spiced black beans. Paired with fresh salad and our house-made chipotle mayonnaise, this dinner is a winner!

NO ADDED GLUTEN | *Spicy (mild/optional)*

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Red capsicum	150g	300g
Red onion	100g	200g
Garlic	6g	12g
Cherry tomatoes	75g	150g
Black beans	1 can	2 cans
Olive oil*	1 tbsp	2 tbsp
Salt*	¼ tsp	½ tsp
Mexican chilli spice mix	1 packet	1 packet
Tomato paste*	1 tbsp	2 tbsp
Water*	½ cup	1 cup
Corn tortillas	1 packet	2 packets
Grated cheddar	1 bag	1 bag
Mixed salad leaves	20g	40g
Chipotle mayonnaise	1 tub	1 tub

* Pantry items

Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Dice **capsicum** and **onion**. Mince **garlic**. Quarter **cherry tomatoes**. Drain and rinse **black beans**.

2. Prepare ingredients

In a medium pot over medium heat, add **olive oil***, **capsicum**, **onion** and **salt*** and cook for **4 minutes**. Add **garlic** and **Mexican chilli spice mix** and cook for **1 minute**. Add **black beans**, **tomato paste*** and **water***, stir to combine and cook, covered, for **3 minutes**. Using a potato masher, mash **beans** roughly. Cook, uncovered, until all the liquid has absorbed, about **6 minutes**.

3. Cook quesadillas

Place two frying pans over medium heat. When hot add **1 tortilla** to each pan and spread roughly **2 heaped tablespoons** of **beans** on top. Sprinkle with **cheddar** to cover (about 1 tbsp per tortilla) and place another **tortilla** on top. Lightly pressing down with a spatula (see tip), cook for **2 minutes** on each side, flipping over carefully. Remove from the pans and repeat. Keep **quesadillas** warm on a plate covered with foil.

4. Serve

Slice **quesadillas** into pieces, top with **cherry tomatoes**, **mixed salad leaves** and a drizzle of **chipotle mayonnaise**.

Cooking tip

Keep constant pressure on quesadilla otherwise the top tortilla will want to curl up.

Eat your way
to healthy!



Black beans are a great source of fibre, protein and good carbs. They also contain several key vitamins and minerals, including vitamins A, B1, B3, B9 and K, calcium, manganese, magnesium, iron, phosphorus, potassium and zinc.

Black beans have been linked to health benefits such as reduced risk of heart disease and certain cancers, stronger bones, lower blood sugar levels, improved eye health, healthy digestion and weight control.

Nutritional information*

	Per 445g serve	Per 100g
Energy	3180kJ (760Cal)	715kJ (171Cal)
Protein	19.8g	4.5g
Fat, total	39.2g	8.8g
- Saturated	13.3g	3.0g
Carbohydrate	79.5g	17.9g
- Sugars	9.0g	2.0g
Sodium	917mg	206mg

* Nutritional information is based on averages