



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Courgette, Jalapeño and Black Bean Quesadillas

Introducing tonight's star ingredient: (*drum roll*) Jalapeños! Jalapeños are named after the Mexican town of Jalapa and have a rating of 2,500 - 10,000 units on the Scoville Scale. The Scoville Scale is used to measure the heat in a chilli with the hottest being a Trinidad Moruga Scorpion chilli (the name says it all!) at 2 million units. Thankfully tonight's dinner is a little more tame!



Onion



Courgette



Organic Black Beans



Jalapeños



Lime



Ground Cumin



Tomato Passata



Sour Cream



Baby Gem Lettuce



Wholemeal Tortilla



Feta Cheese

Ingredients

	2P	4P
Onion, sliced	½ cup	1 cup
Courgette, sliced	2 cups	4 cups
Organic Black Beans	1 tin	2 tins
Jalapeños, diced	1 tsp	2 tsp
Lime	1	2
Ground Cumin	1 tsp	2 tsp
Tomato Passata	⅓ cup	⅔ cup
Sour Cream 1 ⊕	3 tbsp	6 tbsp
Baby Gem Lettuce, shredded	1	2
Wholemeal Tortilla 2	4	8
Feta Cheese 1	3 tbsp	6 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Gluten

Nutrition per serving: Calories: 745 kcal | Protein: 34 g | Carbs: 90 g | Fat: 28 g | Saturated Fat: 12 g



1 Peel and chop the onion in half through the root, then thinly slice half of it widthways. Cut the very top and bottom from the courgette. Slice the courgette in half lengthways and then slice on the diagonal about ½cm thick. Drain and rinse the black beans and finely dice the jalapeños. Grate the zest of ½ the lime and keep to the side.



2 Add 1 tbsp of oil to a pan over medium heat. Add the onion and cook for 5 mins without colouring then remove them from the pan. Add the courgette slices along with ¼ tsp of salt and fry on each side for 2 mins until golden. **Tip:** Cook the courgettes in batches to make sure you get them lovely and golden brown.



3 Add the onions, black beans, cumin and tomato passata to the pan. Next add the chopped jalapeños and the juice from ½ of the lime. Stir in ½ tsp of salt and a good grind of black pepper and mix well. Allow to warm through for 4-5 mins on medium-low heat.



4 Add a pinch of lime zest to the sour cream and mix with ¼ tsp of salt. Add a squeeze of lime juice

and stir it in. Cut the baby gem lettuce in half and then shred (i.e. very thinly chop widthways) finely.

5 Pile some of the courgette mix onto half of each tortilla. Crumble over some of the feta. Fold over the other side of the tortilla to make half moon shaped quesadillas.

6 Heat a dry non-stick frying pan on high heat. Fry each side of the quesadilla for around 2 mins or until golden brown.

7 Serve the quesadillas with the zesty sour cream and the shredded baby gem and enjoy!