










# Cheesy Chipotle Bean Quesadillas with Tomato & Rocket Salad and Soured Cream

17

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day • Veggie



-  Black Beans
-  Mature Cheddar Cheese
-  Chipotle Paste
-  Ground Cumin
-  Tomato Puree
-  Super Soft Tortilla with Whole Wheat
-  Baby Plum Tomatoes
-  Balsamic Vinegar
-  Rocket
-  Soured Cream

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Sieve, bowl, potato masher, grater, frying pan, spatula and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	90g	120g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Baby Plum Tomatoes	125g	190g	250g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Rocket**	40g	60g	80g
Soured Cream** 7)	75g	120g	150g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	364g 2409/576	100g 662/158
Fat (g)	27.7	7.6
Sat. Fat (g)	13.5	3.7
Carbohydrate (g)	53.4	14.7
Sugars (g)	9.9	2.7
Protein (g)	21.3	5.9
Salt (g)	2.17	0.60

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

**a)** Drain and rinse the **black beans** in a sieve. Pop into a bowl and roughly mash with the back of a fork or a potato masher.

**b)** Grate the **cheese**.



## Mix the Bean Filling

**a)** Add the **cheese**, **chipotle paste**, **ground cumin** and **tomato puree** to the **beans** (add less **chipotle** if you'd prefer things milder).

**b)** Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Mix well.



## Make the Quesadillas

**a)** Lay the **tortillas** (2 per person) onto a board and spoon the **bean mix** onto one half of each one.

**b)** Fold the other side over to make a semi-circle. Press down to keep together.

**c)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.



## Time to Fry

**a)** When the pan is hot, carefully lay in the **quesadillas**. Fry until golden, 2 mins each side. Turn carefully and adjust the heat as needed.

**b)** Lightly press down on the **quesadillas** with a spatula to ensure they stick together and brown nicely. **TIP:** You may have to do this in batches, adding a little more oil to the pan each time.

**c)** Once cooked, cover the **quesadillas** with foil to keep warm.



## Dress the Salad

**a)** Meanwhile, halve the **tomatoes**.

**b)** In a large bowl, mix together the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount).

**c)** Season with **salt** and **pepper**, then add the **tomatoes**.

**d)** Toss gently and set aside.



## Finish and Serve

**a)** When the **quesadillas** are ready, share between your plates.

**b)** Add the **rocket** to the **dressing** bowl and toss together with the **tomatoes**.

**c)** Serve your **quesadillas** with the **rocket salad** and a dollop of **soured cream**.

## Enjoy!