



COURGETTE QUESADILLAS

with Black Beans and Zesty Sour Cream



HELLO CUMIN

Cumin was used in Ancient Egypt not only as a spice but also as a preservative in mummification!



Onion



Courgette



Black Turtle Beans



Green Chilli



Lime



Ground Cumin



Tomato Passata



Sour Cream



Baby Gem Lettuce



Whole Wheat Soft Tortilla



Cheddar Cheese

MEAL BAG

30 mins

Veggie

2.5 of your 5 a day

Little heat

We've given classic cheese-filled quesadillas a veggie makeover by packing them with courgettes, black beans and a little kick of chilli. Pan-fried until the cheese is bubbling and golden, they work brilliantly with Chef Patrick's favourite sauce - zesty sour cream (trust us, it's a real game changer!). Serve up everything in the middle of your table and tuck in for a traditional communal style dinner. Buen provecho!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve**, **Fine Grater**, two **Frying Pans**, a **Coarse Grater** and some **Foil**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and thinly slice the **onion** into half moons. Remove the ends from the **courgette**, halve lengthways, then slice into 1cm wide half moons. Drain and rinse the **black beans** in a sieve. Halve and deseed the **green chilli**, then finely chop. **Zest** the **lime** and keep to one side.



2 START THE FILLING

Heat a drizzle of **oil** in a frying pan on medium heat. Add the **onion** and cook, stirring, until soft, 5 mins. Add the **courgette** along with a pinch of **salt** and cook, stirring, until starting to soften, about 3 mins. Stir in the **chilli** and cook for a further minute.

★ **TIP:** Add as much or as little chilli as you like!



3 FINISH THE FILLING

Stir the **ground cumin** into your **veggies**, then add the **black beans**, **tomato passata** and a squeeze of **lime juice** (don't use it all yet!). Season with a pinch of **salt** and **pepper**, bring to a simmer and allow to bubble away until slightly thickened, about 4-5 mins.



4 MAKE THE EXTRAS

While your filling cooks, add a pinch of **lime zest** to the **sour cream** and mix with a pinch of **salt**. Cut the **baby gem lettuce** in half lengthways and then finely slice it widthways. Pop the **lettuce** in a bowl (we'll dress it later). Season with a good pinch of **salt** and **pepper**.



5 ASSEMBLY TIME

Pile some of the **courgette mixture** onto one half of each **tortilla**. Grate over some of the **cheddar cheese**. Fold over the other side of the **tortilla** to make half moon shaped **quesadillas**. Repeat until you have used up all your mixture - you should make at least two **quesadillas** per person, but it will depend on how generously you fill them!



6 FRY YOUR QUESADILLAS

Put another frying pan on medium heat (no **oil**). When hot, fry each **quesadilla** until golden brown, about 2 mins each side, careful when you turn them over! Remove to a plate and keep warm under some foil and repeat until you have cooked all your **quesadillas**. Drizzle over some **olive oil** and squeeze some of the remaining **lime juice** over the **lettuce**. Serve the **quesadillas** with the **zesty sour cream** and some **baby gem lettuce**. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, sliced	1
Courgette, sliced	1
Black Turtle Beans	1 tin
Green Chilli, chopped	½
Lime	½
Ground Cumin	1½ tsp
Tomato Passata	1 carton
Sour Cream ⁷⁾	1 pot
Baby Gem Lettuce, sliced	1
Whole Wheat Soft Tortilla ¹³⁾	4
Cheddar Cheese, grated ⁷⁾	60g

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 654G	PER 100G
Energy (kcal)	647	99
(kJ)	2705	413
Fat (g)	29	4
Sat. Fat (g)	16	2
Carbohydrate (g)	61	9
Sugars (g)	15	2
Protein (g)	28	4
Salt (g)	2.76	0.42

ALLERGENS

⁷⁾ Milk ¹³⁾ Gluten

Whole Wheat Soft Tortillas: Flour Blend (**Wheat** (45%) Whole **Wheat**, **Wheat** Bran), Water, Rapeseed Oil, Humectants (E422), Sourdough Powder (**Wheat**) (1.1%), Salt, Emulsifier (E471), Acid (Citric Acid), Raising Agent (Sodium Bicarbonate), Stabiliser (E415). **Wheat Gluten**. Contains 24% Whole Grain, Equivalent to 30% of the Dry Weight.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

📷 🐦 📘 📺 #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

HelloFRESH