



More than Food

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Black Bean & Charred Bell Pepper Quesadillas with Caramelized Onion and Crisp Romaine Salad

Crisp flour tortillas are stuffed with refried beans, sautéed onion, fresh garlic, bell peppers, and sweet corn. Goey, melted mozzarella ties everything together, and a crisp side salad cools it all down.



30 min



level 1



veggie



nut free



Flour Tortillas



Onions



Garlic



Black Beans



Red Bell Peppers



Romaine Lettuce



Grape Tomatoes



Shredded Mozzarella Cheese



Limes



Sour Cream



Honey

Ingredients

Flour Tortillas	1)	4	10-inch
Onions		2	
Garlic		4	cloves
Black Beans		2	boxes
Red Bell Peppers		2	
Romaine Lettuce		2	hearts
Grape Tomatoes		8	oz
Shredded Mozzarella Cheese	2)	2	C
Limes		2	
Sour Cream	2)	4	T
Honey		2	t
Olive Oil*		2	T

4 People

*Not Included

Allergens

1) Wheat

2) Milk

Tools

2 Large Pans, 2 Large Bowls,
Strainer

Nutrition per person Calories: 786 cal | Fat: 27 g | Sat. Fat: 12 g | Protein: 40 g | Carbs: 91 g | Sugar: 18 g | Sodium: 869 mg | Fiber: 28 g

Make sure to wash and dry produce before prepping or cooking!

Ruler

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1



1 Prep the ingredients: Halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Core, seed, and remove the white ribs from the **bell peppers**, then thinly slice. Drain and rinse the **beans**. Thinly slice the **lettuce** into ribbons. Juice the **limes**.

3



2 Cook the vegetables: Heat **1 Tablespoon of olive oil** in a large pan over medium heat. Add the **onion** and **garlic** and cook for 4-5 minutes, until softened. Add the **bell pepper** and cook for 5-6 minutes, until softened. Season with **salt** and **pepper**.

3 Mash the beans: While the veggies cook, coarsely mash the **black beans** in a large bowl using a fork. Add the mashed beans to the pan with the vegetables and cook for another 1-2 minutes, until heated though. Season with **salt** and **pepper**.

4



4 Assemble the quesadillas: Heat a large pan over medium heat. Place one **tortilla** in the pan and sprinkle one side with **1/4 of the cheese**. Top with **half of the bean mixture** and another **1/4 of the cheese**. Fold the **tortilla** over to form a half moon and cook for 2-3 minutes on the first side, until golden brown. Flip and cook on the other side for 2-3 minutes, until melted and golden brown. Repeat for the remaining quesadillas.

HINT: To keep the finished quesadillas warm, place them on a baking sheet in a 200 degree oven until the rest are done.

5



5 Make the dressing and salad: In a large bowl, combine **2 teaspoons honey**, the **lime juice**, and **1 Tablespoon of olive oil**. Season with **salt** and **pepper**. Toss the **lettuce** and **tomatoes** into the bowl with the dressing and season with **salt** and **pepper**.

6 Plate: Cut the **quesadillas** into wedges and serve with the **romaine salad** and a dollop of **sour cream** for dipping. Enjoy!