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Superfood Quesadillas with Cherry Tomato Salsa

Forget the Tex-Mex quesadillas of the past; this beauty is jam-packed with nutrients, earning its superfood crown. The secret to a killer Mexican feast is a refreshing salsa made with sweet tomato and punchy coriander. So simple, yet so satisfying!



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 2



high protein



high fibre

Pantry Items



Olive Oil



Red Onion



Garlic



Mexican
Spice Mix



Black Beans



Kale



Lemon



Cheddar Cheese



Cherry Tomatoes



Coriander



Mini Flour Tortillas



Free-Range Eggs

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2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
½	1	red onion, finely chopped	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 tsp	2 tsp	Mexican spice mix	
1 bunch	2 bunches	kale, destemmed & finely sliced	🌿
½ tin	1 tin	black beans, drained & rinsed	
½	1	lemon, zested & cut into wedges	⊕
½ punnet	1 punnet	cherry tomatoes, quartered	⊕
1 bunch	2 bunches	coriander, leaves chopped	⊕
6	12	mini flour tortillas	
3	6	free-range eggs	⊕
1 block	2 blocks	Cheddar cheese, grated	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3800	Kj
Protein	38.7	g
Fat, total	35.3	g
-saturated	10.2	g
Carbohydrate	106	g
-sugars	7.2	g
Sodium	1500	mg



You will need: *chef's knife, chopping board, garlic crusher, grater, medium frying pan, medium bowl, paper towel, small bowl, forks, spatula, 2 large plates, and aluminium foil.*



1 Heat half of the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and the **Mexican spice mix**. Cook, stirring, for **1 minute** or until fragrant. Add a splash of water and the **kale** and cook for **2-3 minutes** or until the kale has wilted. Stir through the **black beans**, a pinch of the **lemon zest** and season with **salt** and **pepper**. Transfer to a medium bowl. Wipe the pan clean with paper towel.

2 Combine the **cherry tomatoes**, **coriander**, the juice from half of the **lemon wedges** and the remaining olive oil in a small bowl. Season with salt and pepper and set aside.



3 Place the same frying pan back over a medium heat. Spray or brush with a little olive oil. Place one **mini flour tortilla** in the pan and spoon over some of the kale and black bean mixture. Crack a **free-range egg** over the top and use a fork to lightly break it up. Sprinkle with a little of the **Cheddar cheese** and then top with another tortilla. Cook for **1-2 minutes** or until golden, pressing down firmly with a spatula.



4 To flip the quesadilla, slide it out of the pan (cooked side down) with a spatula on to a large plate. Place the frying pan over the uncooked tortilla and flip the plate so that it lands with the uncooked side down in the frying pan. Cook for **1-2 minutes** or until golden. Transfer to the plate and cover with foil to keep warm. Repeat with the remaining tortillas, kale mixture, cheese, and eggs.

5 Cut the quesadillas into quarters and serve topped with the tomato salsa and remaining lemon wedges.