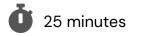


Product Spotlight: Tomato

Tomatoes contain lycopene, a rare antioxidant that can help to prevent various cancers, as well as potassium, fibre and vitamin C.

Black Bean and Corn Quesadillas 4

Corn tortillas served with sautéed black beans, corn kernels, smokey sauce and fresh toppings.









14 January 2022



Turn this dish into enchiladas! Roll the tortillas up with filling, place in a baking dish. Top with tomato salsa (or homemade enchilada sauce) and grated cheese of choice. Bake until cheese is melted.

Per serve: TOTAL FAT CARBOHYDRATES PROTEIN 31g 25g 92g

FROM YOUR BOX

| BROWN ONION | 1 |
|--------------------|--------------|
| CORN COB | 1 |
| TINNED BLACK BEANS | 400g |
| ΤΟΜΑΤΟ | 1 |
| LEBANESE CUCUMBER | 1 |
| BABY COS LETTUCE | 1 |
| CORN TORTILLAS | 8-pack |
| COCONUT YOGHURT | 1 tub (125g) |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, apple cider vinegar

KEY UTENSILS

2 frypans

NOTES

Alternatively, use a sandwich press to cook the tortillas. Press them for 5 seconds until they start steaming. Remove and keep warm in a tea towel.

If you are a looking to pump up the heat in this dish you can add some thinly sliced jalapeños to serve, cook the black beans with some Mexican spice mix, add a few dashes of your favourite hot sauce or add cheese of choice to the quesadillas.



1. PREPARE THE FILLING

Heat a frypan over medium-high heat with oil. Slice onion and remove corn kernels from cob. Add to pan as you go along with black beans (including liquid) and 2 tsp smoked paprika. Cook, stirring, for 8-10 minutes until liquid is reduced. Lightly mash and season with salt and pepper.



2. PREPARE THE TOPPINGS

Dice tomato and cucumber. Shred the lettuce. Toss in a bowl along with 1 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper.



3. COOK THE TORTILLAS

Heat a second frypan over medium-high heat. Cook tortillas for 10 seconds each side until softened (see notes). Keep warm in a clean tea towel until serving.



4. MAKE THE SAUCE

In a small bowl mix together the coconut yoghurt with 1 tsp smoked paprika, 1 tsp vinegar, salt and pepper.



5. FINISH AND SERVE

To assemble the quesadillas layer tortilla, bean filling and smokey aioli, and top with a second tortilla. Finish with fresh toppings.

