




Product Spotlight: Tomato


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



4 Black Bean and Corn Quesadillas

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

 25 minutes

 2 servings

 Plant-Based

14 January 2022

Switch it up!

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

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

FROM YOUR BOX

BROWN ONION	1
CORN COB	1
TINNED BLACK BEANS	400g
TOMATO	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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

