



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.

Switch it up!

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.

25 minutes

4 servings

Plant-Based

14 January 2022

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
25g 24g 74g

FROM YOUR BOX

BROWN ONION	1
CORN COBS	2
TINNED BLACK BEANS	2 x 400g
TOMATOES	2
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
CORN TORTILLAS	12 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 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 some cheese of choice to the quesadillas.



1. PREPARE THE FILLING

Heat a large frypan over medium-high heat with **oil**. Slice onion and remove corn kernels from cobs. Add to pan as you go along with black beans (including liquid) and **1 tbsp 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 tomatoes and cucumber. Shred the lettuce. Toss in a bowl along with **1 1/2 tbsp vinegar, 1 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**

