




### 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 aioli and fresh toppings.

 25 minutes

 2 servings

 Vegetarian

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. 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
AIOLI MAYONNAISE	1 packet (50g)

## 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.

To make this meal more family friendly you can reduce the amount of black beans and swap it for some beef mince. Sprinkle over some grated cheese and melt if desired.

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 some cheese 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**.



### 4. MIX THE AIOLI

In a small bowl, mix the aioli with **1/2 tsp smoked paprika and 2 tsp water** until well combined.



### 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**.



### 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.



### 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.

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