



# Kale and Black Bean Quesadillas

with Fresh Tomato Salsa and Crema

Veggie

35 Minutes



Black Beans



Roma Tomato



Garlic



Lime



Cilantro



Red Onion



Kale, chopped



Mexican Seasoning



Flour Tortillas, 6-inch



Cheddar Cheese, shredded



Sour Cream

HELLO QUESADILLA

*The secret to a delicious quesadilla is a crispy tortilla*

## Start here

Before starting, wash and dry all produce.

## Bust Out

2 Medium bowls, measuring spoons, potato masher, strainer, zester, small bowl, large non-stick pan

## Ingredients

	2 Person	4 Person
Black Beans	398 ml	796 ml
Roma Tomato	80 g	160 g
Garlic	6 g	12 g
Lime	1	1
Cilantro	7 g	14 g
Red Onion	113 g	113 g
Kale, chopped	56 g	113g
Mexican Seasoning	1 tbsp	2 tbsp
Flour Tortillas, 6-inch	6	12
Cheddar Cheese, shredded	1 cup	2 cup
Sour Cream	6 tbsp	12 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Prep

Peel, halve, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Cut **tomatoes** into ½-inch pieces. Zest, then juice **lime**. Roughly chop **cilantro**. Drain and rinse **beans**. Lightly mash **beans** in a medium bowl. (**NOTE:** It's OK if there are some whole beans throughout the mixture!) Peel, then mince or grate **garlic**.



## Cook bean mixture

Add **garlic, beans** and **remaining Mexican Seasoning** to the same pan. Cook, stirring often, until **garlic** is fragrant and **beans** are warmed through, 1-2 min. Stir in **remaining lime zest** and **remaining lime juice**. Transfer **bean mixture** back into the same medium bowl (from step 1). Season with **salt** and **pepper**. Set aside. Carefully wipe the pan clean.



## Make condiments

Combine **sour cream** and **½ tsp Mexican Seasoning** (dbl for 4 ppl) in a small bowl. Set aside. Combine **tomatoes, cilantro, half the onions, half the lime zest, half the lime juice** and **1 tbsp oil** (dbl for 4 ppl) in another medium bowl. Season with **salt** and **pepper**. Set aside.



## Cook quesadillas

Arrange **tortillas** on a clean surface. Divide **bean mixture** over one half of **each tortilla**. Sprinkle with **cheese**. Fold the other side of **tortillas** in half over **filling**. Heat the same pan over medium heat. When hot, add **½ tbsp oil**, then **3 quesadillas** at a time. Cook, until golden-brown, 1-2 min per side. Repeat with **remaining quesadillas**.



## Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **remaining onions**. Cook, stirring occasionally, until softened, 2-3 min. Add **kale** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring often, until **kale** is tender, 5-6 min.



## Finish and serve

Cut **quesadillas** into wedges. Divide **quesadillas** between plates and serve with **salsa** and **crema**.

## Dinner Solved!