



Cheesy Gochujang Black Bean Quesadillas

with Tomato and Baby Gem Salad

Quick 20-25 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie

18



Garlic Clove



Black Beans



Tomato Puree



Gochujang Paste



Honey



Vegetable Stock Paste



Mature Cheddar Cheese



Plain Taco Tortillas



Medium Tomato



Baby Gem Lettuce



Cider Vinegar

Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Garlic press, sieve, frying pan, potato masher, grater, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Gochujang Paste 11	50g	80g	100g
Honey	15g	22g	30g
Vegetable Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7	90g	150g	180g
Plain Taco Tortillas 13	6	9	12
Medium Tomato	1	1½	2
Baby Gem Lettuce**	1	1½	2
Cider Vinegar 14	15ml	22ml	30ml
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	495g 3694/883	100g 746/178
Fat (g)	43.9	8.9
Sat. Fat (g)	18.6	3.8
Carbohydrate (g)	85.8	17.3
Sugars (g)	20.8	4.2
Protein (g)	31.5	6.4
Salt (g)	4.99	1.01


Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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Get Prepping

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve.



Make your Quesadillas

- Lay the **tortillas** onto a lightly oiled large baking tray and spoon the **gochujang beans** onto one **half** of each one. Top with the **grated cheese**.
- Fold the other side of the **tortilla** over to make a semi-circle. Press down to keep together.
- Rub a little **oil** over the top of each **quesadilla**, then bake on the top shelf of your oven until golden, 5-7 mins.



Build the Flavour

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic**, **tomato puree** and **gochujang** to the pan.
- Cook, stirring, for 1 min.



Tomato Time

- While the **quesadillas** bake, cut the **tomato** into 1cm chunks. Trim the **baby gem**, halve lengthways, then thinly slice.
- Add the **tomatoes** to a medium bowl with the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).
- Season with **salt** and **pepper**, then set aside to macerate.



Bring on the Beans

- Stir the **black beans**, **honey**, **vegetable stock paste** and **water for the sauce** (see pantry for amount) into the frying pan. **TIP:** If your honey has hardened, pop it into a bowl of hot water for 1 min.
- Mash **half** the **beans** in the pan using a potato masher or the back of a fork.
- Simmer until thickened slightly, 2-3 mins. Taste and season with **salt** and **pepper** if needed. Stir in the **butter** (see pantry for amount).
- Meanwhile, grate the **Cheddar cheese**.



Finish and Serve

- Just before you're ready to serve, toss the **baby gem** into the **tomatoes** and **dressing**.
- Transfer your **quesadillas** to your plates and serve the **salad** alongside.
- Add a dollop of **mayonnaise** (see pantry for amount) on the side for dipping.

Enjoy!