



QCOOK

Charred Chorizo Quesadillas

with black beans & jalapeños

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Nítida | Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	594kJ	3920kJ
Energy	142kcal	938kcal
Protein	6.1g	40.2g
Carbs	15g	101g
of which sugars	3.1g	20.6g
Fibre	2.1g	14g
Fat	6g	39.8g
of which saturated	3.1g	20.6g
Sodium	297mg	1961mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Alcohol

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
1	1	Onion <i>peel & roughly dice ½ [1]</i>
5ml	10ml	NOMU Mexican Spice Blend
100g	200g	Cooked Chopped Tomato
30g	60g	Sliced Pork Chorizo <i>roughly chop</i>
60g	120g	Black Beans <i>drain & rinse</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
5g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
40ml	80ml	Sour Cream
2	4	Wheat Flour Tortillas
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
60g	120g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. READY THE RAGU Place a pot over medium heat with a drizzle of oil. When hot, sauté the corn until charred, 3-4 minutes (shifting occasionally). Remove half the corn from the pan and set aside. To the pot with the remaining corn, add the onion and fry until softening, 4-5 minutes. Add the NOMU spice blend, and cook until fragrant, 1-2 minutes. Stir through the cooked chopped tomato and 100ml [200ml] of water. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally).

2. CHORIZO & BEANS When the ragù has 2-3 minutes remaining, stir through the chorizo and the black beans until heated through. Remove from the heat and add a sweetener (to taste) and seasoning.

3. CORN SALAD & SOUR CREAM In a bowl, combine the reserved corn, the cucumber, ½ the coriander, and add seasoning. In a separate bowl, combine the remaining coriander, the sour cream, and seasoning.

4. TASTY TORTILLA Place one tortilla in a clean pan over medium heat. Top with the corn and bean mixture, the jalapeños (to taste), and the cheese. Sandwich the loaded tortilla with the remaining tortilla. Heat until golden, 1-2 minutes. [Repeat with the remaining tortillas.]

5. LOOK AT THAT MOVE! Cover the pan with a chopping board or a plate. Flip the pan quickly, so the quesadilla flips onto the board or plate. Slide the quesadilla back into the pan, so the untoasted side is on the base of the pan. Toast until the cheese is melted, 1-2 minutes. Remove from the pan and cut into 4 triangles. [Repeat with each quesadilla.]

6. SAVOUR THE FLAVOUR Plate up the cheesy quesadilla triangles. Dollop over the sour cream and scatter over the corn and cucumber salad. Enjoy!