

UCCOOK

Cheesy Grilled Quesadillas

with a BBQ bean chilli, crème fraîche & jalapeños

Super easy, super cheesy! Oven-baked pockets of supper love, overflowing with a thick tomato and kidney bean filling and covered in melted cheese. With a jazzy jalapeño and baby tomato salsa and cooling dollops of lemony crème fraîche.


Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Tess Witney

 Vegetarian

 Steenberg Vineyards | Stately Cabernet Sauvignon/Shiraz

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

| | |
|-------|---|
| 2 | Onions <i>peeled & roughly diced</i> |
| 240g | Kidney Beans <i>drained & rinsed</i> |
| 400g | Cooked Chopped Tomato |
| 40ml | NOMU Mexican Spice Blend |
| 160g | Spinach <i>rinsed</i> |
| 200ml | Crème Fraîche |
| 20g | Fresh Coriander <i>rinsed & finely chopped</i> |
| 2 | Lemons <i>zested & cut into wedges</i> |
| 400g | Baby Tomatoes <i>halved</i> |
| 80g | Pickled Jalapeños <i>drained & roughly chopped</i> |
| 60ml | Bourbon BBQ Sauce |
| 8 | Wheat Flour Tortillas |
| 300g | Mozzarella & Cheddar Cheese Mix |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil

1. BOUNTIFUL BEAN CHILLI Preheat the oven to 220°C. Place a large pan over a medium-high heat with a drizzle of oil. When hot, fry the diced onion for 5-6 minutes until soft and translucent. Stir through the drained kidney beans, the cooked chopped tomato, 140ml of water, and the Mexican spice blend to taste. Allow to simmer for 5-7 minutes until thickened but still saucy, stirring occasionally. At the halfway mark, add in the rinsed spinach and cook until slightly wilted, stirring regularly.

2. SOME FRAÎCHENESS & SOME ZING While the bean chilli is reducing, place the crème fraîche in a bowl and combine with ½ of the chopped coriander. Mix in some seasoning and lemon juice to taste, and set aside for serving. Place ½ of the halved baby tomatoes in a separate bowl and toss through the chopped jalapeños, some lemon zest to taste, and a drizzle of olive oil. Season and set aside for serving.

3. FINISH THE FILLING If the bean chilli is too thick on completion, loosen with a small splash of water. Stir through the remaining baby tomatoes and the BBQ sauce to taste. Simmer for another 4-5 minutes until the tomatoes have softened, breaking them up with your utensil as they cook. On completion, remove the pan from the heat and season to taste.

4. QUESADILLA ME, BABY! Line a baking tray with tinfoil and lightly drizzle with oil. Place the tortillas flat on the tray and cover ½ of each one in the bean chilli. Close up by folding them over to make 8 half-moons. Sprinkle the grated cheese mix over the top and pop in the oven for 5-6 minutes until the cheese is melted and golden. On completion, remove from the oven and halve each quesadilla to make 16 triangles.

5. MAGIC IN YOUR MOUTH Time to plate up the best quesadillas you'll ever eat! Arrange 4 cheesy triangles on each plate, dollop with the coriander crème fraîche, and sprinkle over the jalapeño and tomato salsa. Garnish with the remaining coriander and a lemon wedge. Tuck in!



Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, and important cognitive functions.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 632kJ |
| Energy | 151Kcal |
| Protein | 5.5g |
| Carbs | 14g |
| of which sugars | 3.8g |
| Fibre | 2.4g |
| Fat | 7.8g |
| of which saturated | 4g |
| Sodium | 383mg |

Allergens

Dairy, Allium, Sulphites, Wheat, Gluten, Alcohol

Cook
within 3
Days