



UCCOOK

Charred Corn & Coriander Quesadilla

with black beans & jalapeños

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	579kJ	3786kJ
Energy	139kcal	906kcal
Protein	4.9g	32.3g
Carbs	16g	103g
of which sugars	3.4g	22.1g
Fibre	2.2g	14.5g
Fat	5.8g	38g
of which saturated	3.4g	22.4g
Sodium	246mg	1607mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice</i>
60g	120g	Corn
5ml	10ml	NOMU Mexican Spice Blend
100g	200g	Cooked Chopped Tomato
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>
10ml	20ml	Lime Juice
40ml	80ml	Crème Fraîche
2	4	Wheat Flour Tortillas
20g	40g	Sliced Pickled Jalapeños <i>drain</i>
60g	120g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. READY THE RAGÙ Place a pot over medium heat with a drizzle of oil. When hot, sauté the onion and ½ the corn until the onion is soft and the corn is starting to char, 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. BEAN THERE, ADDED THAT When the ragù has 2-3 minutes remaining, stir through the black beans until heated through. Remove from the heat and add a sweetener (to taste), and seasoning.

3. SALSA In a bowl, combine the remaining corn, the cucumber, ½ the coriander, the lime juice, and seasoning. In a separate bowl, combine the remaining coriander, the crème fraîche, and seasoning.

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

5. FLIP & FRY 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 the remaining tortillas.]

6. YOUR NEW FAV! Plate up the cheesy quesadilla triangles. Dollop over the crème fraîche and scatter over the salsa. Enjoy!