

# 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.

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Tess Witney

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 Vegetarian

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 Steenberg Vineyards | Stately Cabernet Sauvignon/Shiraz

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## Ingredients & Prep

|       |   |
|-------|---|
| 1     | Onion<br><i>peeled &amp; roughly diced</i>                |
| 120g  | Kidney Beans<br><i>drained &amp; rinsed</i>               |
| 200g  | Cooked Chopped Tomato                                     |
| 20ml  | NOMU Mexican Spice Blend                                  |
| 80g   | Spinach<br><i>rinsed</i>                                  |
| 100ml | Crème Fraîche   |
| 10g   | Fresh Coriander<br><i>rinsed &amp; finely chopped</i>     |
| 1     | Lemon<br><i>zested &amp; cut into wedges</i>              |
| 200g  | Baby Tomatoes<br><i>halved</i>                            |
| 40g   | Pickled Jalapeños<br><i>drained &amp; roughly chopped</i> |
| 30ml  | Bourbon BBQ Sauce   |
| 4     | Wheat Flour Tortillas                                     |
| 150g  | 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 pan over a medium-high heat with a drizzle of oil. When hot, fry the diced onion for 3-5 minutes until soft and translucent. Stir through the drained kidney beans, the cooked chopped tomato, 100ml of water, and the Mexican spice blend to taste. Allow to simmer for 4-5 minutes until thickened but still saucy, stirring occasionally. In the final 1-2 minutes, 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 2-3 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 4 half-moons. Sprinkle the grated cheese mix over the top and pop in the oven for 4-5 minutes until the cheese is melted and golden. On completion, remove from the oven and halve each quesadilla to make 8 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