

UCCOOK

Charred Corn & Black Bean Quesadilla

with a fresh salsa & jalapeños

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	615kJ	3826kJ
Energy	147kcal	915kcal
Protein	5.1g	32g
Carbs	17g	106g
of which sugars	4.1g	25.2g
Fibre	2.3g	14.2g
Fat	6.1g	38g
of which saturated	3.6g	22.4g
Sodium	265mg	1647mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Piquanté Peppers <i>drain</i>
3g	5g	Fresh Chives <i>rinse & finely chop</i>
60g	120g	Corn
40ml	80ml	Crème Fraîche
60g	120g	Grated Mozzarella & Cheddar Cheese
10ml	20ml	Lime Juice
1	1	Onion <i>peel & roughly dice</i>
2	4	Wheat Flour Tortillas
100g	200g	Cooked Chopped Tomato
5ml	10ml	NOMU Mexican Spice Blend
60g	120g	Black Beans <i>drain & rinse</i>
20g	40g	Sliced Pickled Jalapeños <i>drain</i>

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, add a sweetener (to taste), and seasoning.

3. SALSA In a bowl, combine the remaining corn, the piquante peppers, ½ the chives, the lime juice, and seasoning. In a separate bowl, combine the remaining chives, 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!