



# U C O O K

— COOKING MADE EASY

## CHEESY GRILLED QUESADILLAS

**with a BBQ bean chilli, crème fraîche & pickled 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:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Tess Witney

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 **Vegetarian**

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## Ingredients & Prep

1	Onion <i>one half peeled &amp; finely diced</i>
100g	Cooked Chopped Tomatoes
120g	Kidney Beans <i>drained &amp; rinsed</i>
10ml	NOMU Mexican Rub
50ml	Crème Fraîche
5g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
1	Lemon <i>one half zested &amp; cut into wedges</i>
100g	Baby Tomatoes <i>rinsed &amp; quartered</i>
20g	Pickled Jalapeños <i>drained &amp; roughly chopped</i>
15ml	BBQ Sauce
2	Tortillas
75g	Grated 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 2-3 minutes until soft and translucent, shifting occasionally. Stir through the cooked chopped tomatoes, the drained kidney beans, and the Mexican Rub to taste. Allow to simmer for 4-5 minutes until reduced and thickened, stirring occasionally.

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

**3. FINISH THE FILLING** Once the bean chilli has thickened, stir through the BBQ sauce and the remaining quartered baby tomatoes. Cook for another 1-2 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 one half of each tortilla in the bean chilli. Close up by folding over the other half to make 2 chilli-filled 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 the tray from the oven and halve each quesadilla to make 4 triangles.

**5. OH YES** Time to sit down for the best quesadillas you've eaten! Arrange 4 cheesy triangles on a plate, dollop with the coriander crème fraîche, and sprinkle over the jalapeño and tomato salsa. Garnish with the remaining chopped coriander and some lemon zest to taste. Serve with a lemon wedge on the side. Tuck in!



## Chef's Tip

Draining and rinsing tinned beans, lentils, or chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the amount of complex sugar (which humans can't digest!) and improves the flavour and texture of the food.

## Nutritional Information

Per 100g

Energy	651kJ
Energy	156Kcal
Protein	5.8g
Carbs	15g
of which sugars	4.3g
Fibre	2.7g
Fat	7.5g
of which saturated	3.9g
Sodium	243mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook  
within 3  
Days