



BLACK BEAN QUESADILLA

YIELD - 8 QUESADILLAS

COOK TIME - 30 MINUTES

Ingredients

2 small shallots
2 tbsp white wine vinegar
2 tbsp hot water
1/2 tsp sugar
salt
1 tbsp sunflower oil (or other high heat oil)
1 medium onion, sliced
1 can (398 ml) black beans
1 tsp coriander
1 tsp cumin
1/4 tsp cayenne (optional)
1 bunch cilantro leaves & stalks, chopped
2 tbsp lime juice
3-4 ripe avocados
pepper, freshly ground
8 tortillas
2 handfuls (150g) cheddar
pickled jalapeños (optional)
1 tsp apple cider vinegar
2 cups baby spinach
1 cup corn, fresh or frozen
sour cream (optional)

Method

Boil water in a kettle for corn and pickled shallots. Slice the shallots into thin slices. In a small bowl or jar, dissolve 1/2 tsp sugar and 1/2 tsp salt in 2 tbsp of boiling water from the kettle. Whisk well until salt and sugar are dissolved. Add 2 tbsp of white wine vinegar. Place shallots into the jar and leave for at least 15 minutes.

Heat a frying pan to medium heat. Peel and

thinly slice the onion. Add 1 tbsp of oil to the pan. Cook the onions on medium heat for 7-10 minutes, stirring regularly, until golden brown.

Meanwhile, make the black bean paste. Add the black beans, coriander, cumin, cayenne (if using), juice of 1 lime (approx. 1 tbsp), 1/2 tsp salt, the cilantro stalks and half the cilantro leaves into a food processor with the S-blade and process until it forms a paste. Taste and adjust the salt, lime juice and spice (cayenne).

To make the guacamole, peel the avocados and add to a mortar or large bowl. Squeeze the juice of 1 lime and season to taste with salt and pepper. Mash with a fork until smooth. Taste and adjust salt, pepper or lime as needed.

Grate the cheddar cheese, roughly chop the jalapeños (if using).

Place spinach into the pan with the onions and 1 tsp of apple cider vinegar, a pinch of salt and stir until wilted.

Add water from the kettle into a small pot and cook the corn according to package instructions or grill corn on the cob.

Heat another frying pan to medium heat. Build all the quesadillas with black bean paste, cheese, spinach and onion mixture, jalapeños (optional) and pickled shallots. Fold each tortilla over and place two quesadillas into a dry pan. Cook for 2-3 minutes on each side until golden brown. Cut in half or thirds, serve with corn, guacamole and sour cream.