



# CHIPOTLE BLACK BEAN MANGO QUESADILLAS WITH SOUR CREAM AND SALSA VERDE

FAST. EASY. FRESH.

**1.** Start by preheating your oven to 450°F. Then, combine your **rice** with 1 cup of water and a pinch of **salt** in a medium pot. Bring to a boil, then reduce the heat, cover, and simmer on low for 10-12 minutes, or until the water is completely absorbed.

**2.** Meanwhile, peel and finely dice one of your **mangoes**, then peel and thinly slice the other. Drain and rinse the **black beans**. Pick the leaves off the **cilantro** and give them a rough chop.

**3.** When your rice is finished cooking, add the finely diced **mango**, **chipotle sauce**, **black beans**, **cumin**, **cilantro**, and a good pinch of **salt** and **pepper**. Stir well to combine.

**4.** Next, lay four **tortillas** flat on baking trays. Spread the rice and black bean mixture evenly between the four tortillas and then sprinkle evenly with **cheese**. Top with the remaining **tortillas**.

**5.** Transfer the quesadillas to the oven and bake for 5 minutes, then flip, return to the oven, and bake for 4-5 minutes longer, or until golden brown and crispy.

**6.** To serve, slice the quesadillas into wedges and serve alongside the **sour cream**, **salsa verde**, and the remaining **mango** slices. Enjoy!



## Ingredients (4 Person Serving – 883 Calories Per Serving)

Brown Rice	80 g	Black Beans	1 398 ml Can
Mangoes	2	Tex Mex Cheese	200 g
Chipotle Sauce Salsa	8 tsp.	Sour Cream	1 Cup
Ground Cumin	1 tsp.	Salsa Verde	½ Cup
Cilantro	Small Bunch	Salt and Pepper	To Taste
Flour Tortillas	8		

**30** Minute  
Cook  
Time!