



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 ½ cup of water and a pinch of **salt** in a small 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 half your **mango**. Cut the other half into thin slices. 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**, half the **black beans** (save the rest for future cooking!), **cumin, cilantro**, and a good pinch of **salt** and **pepper**. Stir well to combine.

4. Next, lay two **tortillas** flat on a baking tray. Spread the rice and black bean mixture evenly between the two 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 (2 Person Serving – 883 Calories Per Serving)

Brown Rice	40 g	Black Beans	1 398 ml Can
Mango	1	Tex Mex Cheese	100 g
Chipotle Sauce Salsa	4 tsp.	Sour Cream	½ Cup
Ground Cumin	½ tsp.	Salsa Verde	¼ Cup
Cilantro	Small Bunch	Salt and Pepper	To Taste
Flour Tortillas	4		

30 Minute Cook Time!