

Spicy Black Bean Quesadillas

with Roasted Carrot & Avocado Salad

TIME: 45-55 minutes

SERVINGS: 2

Chipotle chile paste—made from smoked and dried jalapeños—adds an exciting layer to these quesadillas. Its smoky, savory heat, balanced by the sweetness of caramelized onion, is a perfect complement to the classic Tex-Mex duo of black beans and Monterey Jack cheese. A side salad of roasted carrots, avocado, radishes, and pickled goathorn peppers completes the dish with varied flavors and textures.



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Ingredients



4
FLOUR TORTILLAS



1 1/4 cups
BLACK BEANS



3
RADISHES



2
CARROTS



2 oz
MONTEREY JACK
CHEESE



2 Tbsps
GRATED COTIJA
CHEESE



1/4 cup
SOUR CREAM



1
AVOCADO



1
LIME



1
YELLOW ONION



2
SCALLIONS



2 cloves
GARLIC



2 tsps
CHIPOTLE CHILE
PASTE



1 oz
PICKLED
GOATHORN
PEPPERS

KNICK KNACKS:



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1 Prepare & roast the carrots:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F. Line a sheet pan with aluminum foil. Wash, dry, and peel the **carrots**. Halve lengthwise; cut crosswise into 1-inch pieces. Place on the prepared sheet pan. Drizzle with olive oil; season with salt and pepper. Toss to coat. Arrange in an even layer. Roast 17 to 19 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

2 Prepare the remaining ingredients:

- ☐ While the carrots roast, wash and dry the remaining fresh produce.
- ☐ Peel and thinly slice the onion.
- ☐ Peel and roughly chop the garlic.
- ☐ Drain and rinse the beans.
- ☐ Grate the Monterey Jack cheese on the large side of a box grater.
- ☐ Halve the lime crosswise.
- ☐ Pit, peel, and medium dice the avocado. Place in a medium bowl. Top with **the juice of 1 lime half**; season with salt and pepper to taste.
- ☐ Cut off and discard the ends of the radishes. Halve, then thinly slice.
- ☐ Roughly chop the peppers.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ In a bowl, combine the **sour cream** and **the juice of the remaining lime half**. Drizzle with olive oil and season with salt and pepper to taste.



3 Cook the onion:

- ☐ In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until browned and softened. Transfer to a plate. Wipe out the pan.



4 Cook the beans:

- ☐ While the onion cooks, in a small pot, heat a drizzle of olive oil on medium-high until hot. Add the **garlic**, **white bottoms of the scallions**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **beans** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until thickened. Turn off the heat and season with salt and pepper to taste.

5 Assemble & cook the quesadillas:

- ☐ Place the **tortillas** on a work surface. Sprinkle the **Monterey Jack cheese** onto 1 side of each tortilla. Top with the **cooked onion** and **cooked beans**; season with salt and pepper. Fold each tortilla in half. In the same pan, heat a drizzle of olive oil on medium until hot. Working in batches, add the quesadillas; cook 2 to 3 minutes per side, or until browned and the cheese has melted. (If the pan seems dry, add a drizzle of olive oil.) Transfer to a cutting board; cut in half. Transfer to a serving dish. Garnish with **half the green tops of the scallions**.



6 Make the salad & plate your dish:

- ☐ While the quesadillas cook, stir the **roasted carrots**, **radishes**, **peppers**, **remaining green tops of the scallions**, and a drizzle of olive oil into the bowl of **avocado**. Season with salt and pepper to taste. Transfer to a serving dish. Garnish with the **Cotija cheese**. Serve with the **cooked quesadillas** and **seasoned sour cream**. Enjoy!