BLACK BEAN QUESADILLA (A MEXICAN TOASTIE)

Makes 8, Prep: 15 mins, Cook: 10 mins

The Black Bean or Turtle Bean has a dense meaty texture which makes it popular for vegetarian dishes.

Ingredients

½ red pepper, finely sliced
2 spring onions, finely sliced
1 baked sweet potato, skin removed and mashed
2 tbsp coriander leaves, chopped
1 tbsp chipotle paste
400g black beans, drained
100g tinned sweetcorn
Jalapeno chillies, chopped up (optional)
8 corn/wheat tortillas

Steps

Place a handful of the filling ingredients on top of a tortilla and spread out.

In a large dry frying pan on a medium heat toast the tortilla for a minute or two until the bread starts to turn toasty brown. The tortilla can now be folded and kept warm under a clean tea towel whilst you cook the remaining quesadillas.

Serve with salsa and guacamole.

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