

Quesadillas with black beans, cumin, feta and Chipotle sauce |

Recipe for 12 Tapas



Description

Like a slice of pie, served between two sheets of tortilla bread stuffed with vegetables and cheese, cut into wedges.

Note

Here's an interesting technique that gives you plenty of choice when it comes to filling your tortilla.

Be careful not to over-dry your patties in the oven.

Ingredients

Quesadillas

- 4 Big Tortilla
- 225 Gr Canned black beans
- 150 Gr Sheep's milk feta
- 150 Gr Red onion
- 2 Unit(s) Italian tomatoes
- Salt and pepper
- Olive oil

Chipotle sauce

- 200 Ml Sour cream
- 2 Unit(s) Lime
- 0.50 Tsp Cumin powder
- 20 Ml Chipotle pepper in adobo sauce
- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **four** at **425 F°**

For the preparations

Peel and dice the red onion and red bell pepper.

Squeeze your lime juice.

Prune (plunge into boiling water for 2 minutes to remove skin), seed and crush Italian tomatoes.

Drain the black beans

Remove the lime zest and juice.

Finely chop the chives

For the quesadillas

Cut the feta cheese into mini slices (or crumble it), and mash the black beans with a fork, making sure they are as smooth as possible.

In a hot frying pan with olive oil, fry the red onions until translucent, then remove.

Mix the black bean purée with the red onions and season with pepper.

On the first tortilla sheet, spread the black bean purée and scatter the feta cheese over the entire surface. Add the tomato brunoise.

Cover with another tortilla sheet. Apply pressure with your hands over the entire surface. In a hot frying pan with a little oil, score each side of a tortilla. Once golden-brown, place the tortilla on a baking sheet and bake for around 10 min. This will allow the feta to melt and weld the tortillas together. Cut into wedges to serve.

Chipotle sauce

In a bowl, combine the zest, sour cream, Chipotle pepper and snipped chives.

You can balance the sauce with salt and pepper and a little lime juice, to taste.

Bon appétit!