



Cheesy Louisiana Beef & Pork Quesadillas

with Charred Corn Salsa & Yoghurt

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Onion



Sweetcorn



Beef & Pork Mince



Louisiana Spice Blend



Tomato Paste



Mini Flour Tortillas



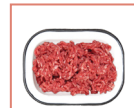
Shredded Cheddar Cheese



Radish



Greek-Style Yoghurt



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

It's the classic quesadillas again except we're spicing things up with our fan-favourite Louisiana spice to coat the rich beef and pork mince. Make it a little cheesy and add a golden corn salsa to tie it all together.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-------------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| onion | 1 (medium) | 1 (large) |
| sweetcorn | 1 tin | 1 tin |
| beef & pork mince | 1 packet | 1 packet |
| Louisiana spice blend | 1 sachet | 2 sachets |
| tomato paste | 1 packet | 2 packets |
| butter* | 20g | 40g |
| water* | ¼ cup | ½ cup |
| mini flour tortillas | 6 | 12 |
| shredded Cheddar cheese | 1 packet (40g) | 1 packet (80g) |
| radish | 2 | 3 |
| white wine vinegar* | drizzle | drizzle |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| beef mince** | 1 packet | 1 packet (or 2 packets) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3554kJ (849Cal) | 653kJ (156Cal) |
| Protein (g) | 45.5g | 8.4g |
| Fat, total (g) | 45.7g | 8.4g |
| - saturated (g) | 22.9g | 4.2g |
| Carbohydrate (g) | 64.2g | 11.8g |
| - sugars (g) | 17.9g | 3.3g |
| Sodium (mg) | 1904mg | 350mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3588kJ (858Cal) | 660kJ (158Cal) |
| Protein (g) | 47.4g | 8.7g |
| Fat, total (g) | 44.4g | 8.2g |
| - saturated (g) | 23.2g | 4.3g |
| Carbohydrate (g) | 64.2g | 11.8g |
| - sugars (g) | 17.9g | 3.3g |
| Sodium (mg) | 1884mg | 346mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW26



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate the **carrot**. Thinly slice **onion**.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Bake the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray. Divide the **mince filling** between **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold the empty half of each **tortilla** over to enclose the filling and press down with a spatula.
- Brush (or spray) the **tortillas** with a drizzle of **olive oil**. Bake **quesadillas** until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into the quesadillas.

TIP: Place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.

Little cooks: Take the lead by sprinkling over the cheese.



Char the corn

- Drain the **sweetcorn**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Make the salsa

- While the quesadillas are baking, thinly slice **radish**.
- Add **radish** and a drizzle of **white wine vinegar** and **olive oil** to the bowl of **charred corn**. Season to taste.



Make the filling

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **carrot, onion** and **beef & pork mince**, breaking up with a spoon, until just browned, **4-6 minutes**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Reduce heat to low, then add **Louisiana spice blend** and cook until fragrant, **1 minute**.
- Stir in **tomato paste**, the **butter** and **water** and simmer until slightly thickened, **2-3 minutes**. Season to taste.

Custom Recipe: If you've swapped to beef mince, cook in the same way as above.



Serve up

- Divide cheesy Louisiana beef and pork quesadillas between plates.
- Top with charred corn salsa and serve with **Greek-style yoghurt**. Enjoy!

Rate your recipe

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