



Cheesy Louisiana Veggie Mince Quesadillas

with Caramelised Onion & Plant-Based Mayo

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Tomato



Garlic



Onion



Carrot



Plant-Based Mince



Louisiana Spice Blend



Tomato Paste



Mini Flour Tortillas



Plant-Based Grated Cheese



Plant-Based Mayo



Shredded Cheddar Cheese

Prep in: 25-30 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

Caramelize the onions, sprinkle the cheese and fold the tortillas because the quesadilla is back in town. How could you resist a saucy Louisiana-spiced veggie mince filling? You can't, because these quesadillas are the new kid in town that everybody wants to be friends with.

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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 |
| baby spinach leaves | 1 small bag | 1 medium bag |
| tomato | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| onion | 1 (medium) | 1 (large) |
| carrot | 1 | 2 |
| plant-based mince | 1 packet | 2 packets |
| Louisiana spice blend | 1 sachet | 2 sachets |
| tomato paste | 1 packet | 2 packets |
| water* | ½ cup | 1 cup |
| mini flour tortillas | 6 | 12 |
| plant-based grated cheese | 1 packet (50g) | 2 packets (100g) |
| balsamic vinegar* | 1 tbs | 2 tbs |
| brown sugar* | 1 tsp | 2 tsp |
| white wine vinegar* | drizzle | drizzle |
| plant-based mayo | 1 medium packet | 1 large packet |
| shredded Cheddar cheese** | 1 packet (40g) | 1 packet (80g) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3020kJ (722Cal) | 656kJ (157Cal) |
| Protein (g) | 30g | 6.5g |
| Fat, total (g) | 33.5g | 7.3g |
| - saturated (g) | 10.5g | 2.3g |
| Carbohydrate (g) | 69.3g | 15.1g |
| - sugars (g) | 15.8g | 3.4g |
| Sodium (mg) | 2560mg | 556mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3085kJ (737Cal) | 678kJ (162Cal) |
| Protein (g) | 34.7g | 7.6g |
| Fat, total (g) | 35.5g | 7.8g |
| - saturated (g) | 10.1g | 2.2g |
| Carbohydrate (g) | 63.8g | 14g |
| - sugars (g) | 15.8g | 3.5g |
| Sodium (mg) | 2512mg | 552mg |

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Roughly chop **baby spinach leaves**. Finely chop **tomato** and **garlic**. Thinly slice **onion**. Grate the **carrot**.



Caramelize the onion

- Meanwhile, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce the heat to medium, then add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well, then cook until dark and sticky, **3-5 minutes**.



Cook the filling

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince** and **carrot**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- Add **garlic**, **Louisiana spice blend** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.
- Add the **water** and cook until slightly reduced, **1 minute**.



Make the salsa

- In a medium bowl, combine **baby spinach**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Assemble the quesadillas

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

TIP: The plant-based cheese has a unique texture, use less or leave it out if you're not a fan!

Custom Recipe: If you've swapped to shredded Cheddar cheese, divide the filling between the tortillas as above, then top with Cheddar cheese. Fold tortillas to close and continue with step.



Serve up

- Divide cheesy Louisiana veggie mince quesadillas between plates. Top with caramelised onion and spinach salsa.
- Drizzle over **plant-based mayo** to serve. Enjoy!

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