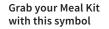


Cheesy Louisiana Veggie Mince Quesadillas with Caramelised Onion & Plant-Based Mayo

ALTERNATIVE PROTEIN









Baby Spinach Leaves









Carrot



Plant-Based



Louisiana Spice



Tomato Paste Blend



Mini Flour



Tortillas

Plant-Based **Grated Cheese**



Plant-Based Mayo



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

Plant Based* *Custom Recipe is not Plant Based Caramelise 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.

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.



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.



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.



Caramelise 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.



Make the salsa

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



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!

Rate your recipe

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