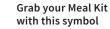


Mexican Plant-Based Mince Quesadillas

with Charred Corn Salsa & Plant-Based Mayo

ALTERNATIVE PROTEIN













Coriander

Radish





Carrot



Sweetcorn





Plant-Based Tomato Paste Mince







Mexican Fiesta Spice Blend

Vegetable Stock





Mini Flour Tortillas

Plant-Based Mayo



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

Plant Based* *Custom Recipe is not Plant Based In this cosy quesadilla dish, we have all of your plant-based favourites added into golden and crispy tortillas for a meal packed with maximum flavour. No Mexican dish is complete without a salsa, so on the menu tonight, is a corn and radish one.



Olive Oil, Plant-Based Butter, 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

ingi edients				
2 People	4 People			
refer to method	refer to method			
2 cloves	4 cloves			
1 (medium)	1 (large)			
2	3			
1 bag	1 bag			
1	2			
1 tin	1 tin			
1 packet	2 packets			
1 packet	2 packets			
1 medium sachet	1 large sachet			
1 medium sachet	1 large sachet			
⅓ cup	⅔ cup			
20g	40g			
1 tsp	2 tsp			
6	12			
drizzle	drizzle			
1 medium packet	1 large packet			
1 packet	1 packet (or 2 packets)			
	2 People refer to method 2 cloves 1 (medium) 2 1 bag 1 1 tin 1 packet 1 packet 1 medium sachet 1 medium sachet ½ cup 20g 1 tsp 6 drizzle 1 medium packet			

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3168kJ (757Cal)	661kJ (158Cal)
Protein (g)	31.4g	6.6g
Fat, total (g)	36.1g	7.5g
- saturated (g)	15.6g	3.3g
Carbohydrate (g)	70.5g	14.7g
- sugars (g)	15.2g	3.2g
Sodium (mg)	2817mg	588mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3360kJ (803Cal)	666kJ (159Cal)
Protein (g)	40g	7.9g
Fat, total (g)	40.2g	8g
- saturated (g)	22.2g	4.4g
Carbohydrate (g)	63.7g	12.6g
- sugars (g)	14g	2.8g
Sodium (mg)	2109mg	418mg

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.
- Finely chop garlic and onion. Roughly chop radish and coriander. Grate the carrot. Drain the sweetcorn.



Make the filling

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook onion, carrot and plant-based mince, breaking up with a spoon, until just browned, 5-6 minutes.
- SPICY! The spice blend is hot! Add less if you're sensitive to heat. Reduce heat to medium, then add tomato paste, Mexican Fiesta spice blend and garlic and cook until fragrant, 1 minute.
- Remove pan from heat, then stir in vegetable stock powder, the water, plant-based butter and brown sugar until cheese is melted, 1 minute. Season with salt and pepper.

Custom Recipe: If you've swapped to beef mince, heat the pan as above. Cook beef mince with onion and carrot, breaking up with a spoon, until just browned, 7-8 minutes. Continue with step.



Assemble the quesadillas

- Arrange mini flour tortillas on a lined oven tray.
 Divide mince filling between tortillas, spooning it onto one half of each tortilla.
- Fold empty half of each tortilla over to enclose filling and press down with spatula. Brush or spray tortillas with a drizzle of olive oil.



Bake the quesadillas

Bake quesadillas until tortillas are golden,
 10-12 minutes. Spoon any overflowing filling back into quesadillas.

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



Make the corn salsa

- Meanwhile, wash and dry the frying pan, then return to high heat. Cook sweetcorn until lightly browned, 4-5 minutes.
- Transfer charred corn to a medium bowl, then add radish, coriander and a drizzle of white wine vinegar and olive oil. Toss to combine.
 Season to taste.

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



Serve up

- Divide Mexican plant-based mince quesadillas between plates.
- Top with charred corn salsa.
- · Serve with plant-based mayo. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate