



# Mexican Plant-Based Mince Quesadillas

with Charred Corn Salsa & Plant-Based Mayo

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Garlic



Onion



Radish



Coriander



Carrot



Sweetcorn



Plant-Based Mince



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Mini Flour Tortillas



Plant-Based Mayo



Beef Mince

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.

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

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
onion	1 (medium)	1 (large)
radish	2	3
coriander	1 bag	1 bag
carrot	1	2
sweetcorn	1 tin	1 tin
plant-based mince	1 packet	2 packets
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend ↗	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	½ cup	¾ cup
<b>plant-based butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
mini flour tortillas	6	12
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based mayo	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)	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](https://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**.



## 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 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.



## 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.



## 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**.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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