



Cheesy Louisiana Beef Quesadillas

with Smashed Avocado, Charred Corn Salsa & Yoghurt

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Onion



Sweetcorn



Beef Mince



Louisiana Spice Blend



Tinned Tomatoes



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Avocado



Greek-Style Yoghurt

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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

These easy beef quesadillas are finished off in the oven — perfect for busy nights at home. Add the bold smokey Louisiana flavours you know and love, plus a bright and charred corn salsa, avocado and rich yoghurt and these will quickly be your new favourites.

Pantry items

Olive Oil, Butter, Brown Sugar

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
garlic	2 cloves	4 cloves
carrot	1	2
onion	½	1
sweetcorn	1 tin	1 tin
beef mince	1 small packet	2 small packets OR 1 large packet
Louisiana spice blend	1 sachet	2 sachets
tinned tomatoes	1 packet	2 packets
butter*	30g	60g
water*	¼ cup	½ cup
brown sugar*	pinch	pinch
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
cucumber	1 (medium)	1 (large)
avocado	1 (small)	1 (large)
Greek-style yoghurt	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4313kJ (1031Cal)	662kJ (158Cal)
Protein (g)	49g	7.5g
Fat, total (g)	62.2g	9.5g
- saturated (g)	28g	4.3g
Carbohydrate (g)	64.4g	9.9g
- sugars (g)	16.8g	2.6g
Sodium (mg)	1921mg	295mg

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

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. Grate the **carrot**. Thinly slice **onion** (see ingredients). Drain the **sweetcorn**.

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



Bake the quesadillas

- Arrange **mini flour tortillas** on a lined oven tray. Divide the **beef mixture** among 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 cheese has melted and 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 and sprinkle the cheese on top.



Char the corn

- 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, finely chop **cucumber**.
- Add **cucumber** and a drizzle of **olive oil** to the **charred corn**. Season to taste.
- Slice **avocado** in half and scoop out flesh. Place **avocado** in a small bowl and mash with a fork. Season to taste.



Make the filling

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **carrot, onion** and **beef mince**, breaking up mince 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 the heat to low, then add **garlic, Louisiana spice blend, tinned tomatoes** and the **butter** and cook until fragrant, **1 minute**. Add the **water** and a pinch of **brown sugar** and simmer, stirring, until slightly thickened, **2-3 minutes**. Season to taste.



Serve up

- Divide cheesy BBQ beef quesadillas between plates. Top with charred corn salsa and smashed avocado.
- Serve with **Greek-style yoghurt**. Enjoy!

Rate your recipe

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