

KID FRIENDLY



Grab your meal kit with this number





Carrot





Sweetcorn







All-American Spice Blend

Tomato Paste





Mini Flour Tortillas

Shredded Cheddar Cheese







Radish

Yoghurt







Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 caicino | | |
|----------------------------|-----------------|---------------------------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| onion | 1/2 | 1 |
| sweetcorn | 1 medium tin | 1 large tin |
| beef & pork mince | 1 medium packet | 2 medium packets OR 1 large packet |
| All-American spice blend | 1 medium sachet | 1 large sachet |
| tomato paste | 1 packet | 2 packets |
| butter* | 20g | 40g |
| water* | 1/4 cup | ½ cup |
| mini flour tortillas | 6 | 12 |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| radish | 2 | 3 |
| white wine vinegar* | drizzle | drizzle |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| | | |

^{*}Pantry Items

Nutrition

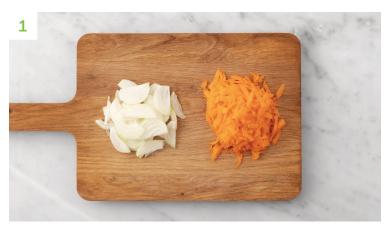
| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 4012kJ (959Cal) | 693kJ (166Cal) |
| Protein (g) | 45g | 7.8g |
| Fat, total (g) | 56.1g | 9.7g |
| - saturated (g) | 23.7g | 4.1g |
| Carbohydrate (g) | 66.6g | 11.5g |
| - sugars (g) | 21.2g | 3.7g |
| Sodium (mg) | 1589mg | 274mg |
| Dietary Fibre (g) | 15g | 2.6g |
| | | |

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.



Get prepped

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

Little cooks: Older kids can help grate the carrot under adult supervision.



Bake the quesadillas

- Arrange mini flour tortillas on a lined oven tray. Divide the mince filling between 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 the cheese has melted and the tortillas are golden,
 10-12 minutes. Spoon any overflowing filling back into the quesadillas.



Make the filling

- Return the frying pan to high heat with a drizzle of olive oil. Cook beef & pork mince, carrot and onion, 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 heat to low, then add All-American spice blend and cook until fragrant, 1 minute.
- Stir in **tomato paste**, the **butter** and **water** and simmer until slightly thickened, **2-3 minutes**. Season to taste.



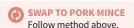
Serve up

- While the quesadillas are baking, thinly slice radish.
- Add radish and a drizzle white wine vinegar and olive oil to the bowl of charred corn. Season to taste.
- Divide cheesy smokey beef and pork guesadillas between plates.
- Top with corn-radish salsa and serve with **Greek-style yoghurt**. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

