

# Mexican Plant-Based Mince Quesadillas

with Charred Corn & Radish Salsa

ALTERNATIVE PROTEIN

Grab your meal kit with this number

31



Garlic



Onion



Radish



Coriander



Carrot



Sweetcorn



Plant-Based Mince



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Mini Flour Tortillas



Beef Mince



Pork Mince

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

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.

### Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, White Wine Vinegar

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
onion	½	1
radish	2	3
coriander	1 packet	1 packet
carrot	1	2
sweetcorn	1 medium tin	1 large 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>	⅓ cup	⅔ 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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2908kJ (695Cal)	604kJ (144Cal)
Protein (g)	30.3g	6.3g
Fat, total (g)	30.7g	6.4g
- saturated (g)	10.8g	2.2g
Carbohydrate (g)	69.8g	14.5g
- sugars (g)	16.1g	3.3g
Sodium (mg)	2528mg	525mg
Dietary Fibre (g)	20.5g	4.3g

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.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic** and **onion (see ingredients)**.
- Roughly chop **radish** and **coriander**.
- Grate **carrot**.
- Drain **sweetcorn**.



## Bake the quesadillas

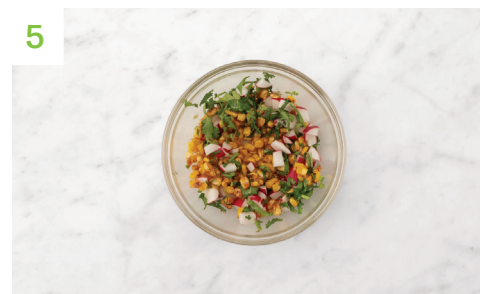
- Bake **quesadillas** until tortillas are golden, **10-12 minutes**. Spoon any overflowing **filling** back into **quesadillas**.

**TIP:** Place a sheet of baking paper and a second oven tray on top of the quesadillas if they start to 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 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**. Season with **salt** and **pepper**.



## Make the 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 and 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 mixture** 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 and radish salsa to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



SWAP TO BEEF MINCE  
Follow method above.



SWAP TO PORK MINCE  
Follow method above.

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

