



Cheesy American Beef & Pork Quesadillas

with Corn-Avocado Salsa & Yoghurt

KID FRIENDLY

Grab your meal kit with this number

2



Carrot



Onion



Avocado



Sweetcorn



Beef & Pork Mince



All-American Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek Style Yoghurt



Beef Mince



Pork Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

It's the classic quesadillas again except we're spicing things up with our fan-favourite all-American spice blend to coat the rich beef and pork mince. Make it a little cheesy and add a golden corn salsa to tie it all together.

Pantry items

Olive Oil, Butter, 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
olive oil*	refer to method	refer to method
carrot	1	2
onion	½	1
avocado	1 small	1 large
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*	¼ cup	½ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
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)	4015kJ (960Cal)	693kJ (166Cal)
Protein (g)	45g	7.8g
Fat, total (g)	55.9g	9.7g
- saturated (g)	23.4g	4g
Carbohydrate (g)	67.4g	11.6g
- sugars (g)	21.5g	3.7g
Sodium (mg)	1432mg	247mg
Dietary Fibre (g)	15.1g	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](https://www.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

2024 | CW32



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot**. Thinly slice **onion** (see ingredients).
- Slice **avocado** in half, scoop out flesh and roughly chop.
- 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

- Meanwhile, add avocado and a drizzle of **white wine vinegar** and olive oil to the bowl of charred corn. Season to taste.
- Divide cheesy American beef and pork quesadillas between plates.
- Top with corn-avocado salsa and serve with a dollop of **Greek-style yoghurt**. Enjoy!

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.

