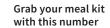


Cheesy American Beef & Pork Quesadillas with Corn-Avocado Salsa & Yoghurt

KID FRIENDLY













Avocado

Sweetcorn





Mince

All-American Spice Blend





Tomato Paste

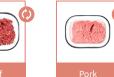
Mini Flour Tortillas



Shredded Cheddar



Cheese



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

beef and pork mince. Make it a little cheesy and add a golden corn salsa to tie it all together.

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

in ign concince			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
onion	1/2	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*	1/4 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

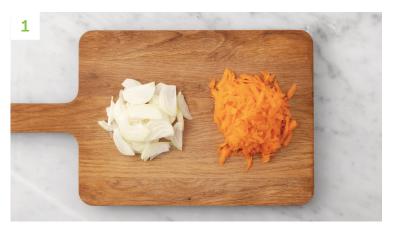
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4015kJ (960Cal)	693kJ (166Cal)
Protein (g)	45g	7.8g
Fat, total (g)	55.9g	9.7g
- saturated (g)	23.4g	4g
Carbohydrate (g)	67.4g	11.6g
- sugars (g)	21.5g	3.7g
Sodium (mg)	1432mg	247mg
Dietary Fibre (g)	15.1g	2.6g

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 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).
- 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.



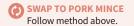
Serve up

- 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 guesadillas between plates.
- Top with corn-avocado salsa and serve with a dollop of 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.

