American-Style Beef & Pork Quesadillas with Charred Corn Salsa & Onion Chutney

KID FRIENDLY



Grab your meal kit with this number









Sweetcorn







Courgette





Onion Chutney

All-American Spice Blend





Tomato Paste





Shredded Cheddar

Mayonnaise





Pantry items

Olive Oil, 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
baby leaves	1 small packet	1 medium packet	
sweetcorn	1 medium tin	1 large tin	
onion	1/2	1	
courgette	1	2	
beef & pork mince	1 medium packet	2 medium packets or 1 large packet	
All-American spice blend	1 medium sachet	1 large sachet	
onion chutney	1 medium packet	1 large packet	
tomato paste	1 packet	2 packets	
mini flour tortillas	6	12	
shredded Cheddar cheese	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
mayonnaise	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3578kJ (855cal)	287kJ (69cal)
Protein (g)	42.1g	3.4g
Fat, total (g)	44.7g	3.6g
- saturated (g)	17.3g	1.4g
Carbohydrate (g)	68.7g	5.5g
- sugars (g)	19.5g	1.6g
Sodium (mg)	1571mg	125.9mg
Dietary Fibre (g)	14.7g	1.2g

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. Roughly chop baby leaves. Drain sweetcorn. Thinly slice onion (see ingredients). Slice courgette into half-moons.
- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Assemble 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 empty half of each **tortilla** over to enclose the filling and press down with a spatula. Brush or spray with a drizzle of olive oil and season with salt and pepper.
- Bake quesadillas until cheese has melted and 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, onion and courgette, breaking up mince with a spoon, until just browned, 4-5 minutes.
- Add All-American spice blend, onion chutney and tomato paste. Cook, stirring, until fragrant, 1 minute.
- Add a splash of water and cook, stirring, until combined, 1-2 minutes.



Serve up

- Meanwhile, add baby leaves and a drizzle of white wine vinegar and olive oil to the bowl with charred corn. Toss to combine, then season to taste.
- Divide American-style beef and pork guesadillas between plates. Top with charred corn salsa.
- Serve with mayonnaise. Enjoy!









