

Cheesy Beef & Veggie Quesadillas

with Pickled Onion & Charred Corn Salsa

NEW

Grab your meal kit
with this number

33



Garlic



Carrot



Onion



Sweetcorn



Beef Mince



Mexican Fiesta
Spice Blend



Tomato Paste



Mini Flour
Tortillas



Shredded Cheddar
Cheese



Greek-Style
Yoghurt



Beef
Mince



Pork
Mince

Prep in: **30-40 mins**
Ready in: **40-50 mins**

 Protein Rich

Dinner tonight is easy, breezy and very cheesy! A touch of Cheddar cheese sprinkled over saucy beef mince in a filling that will blow you away is a must for these quesadillas. Dollop on some refreshing yoghurt and add a charred corn salsa to finish with a smile.

Pantry items

Olive Oil, White Wine Vinegar, Butter, Brown Sugar

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
garlic	1 clove	2 cloves
carrot	1	2
onion	½	1
white wine vinegar*	¼ cup	½ cup
sweetcorn	1 medium tin	1 large tin
beef mince	1 medium packet	2 medium packets or 1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
butter*	20g	40g
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2971kJ (710cal)	294kJ (70cal)
Protein (g)	43g	4.3g
Fat, total (g)	31.9g	3.2g
- saturated (g)	16g	1.6g
Carbohydrate (g)	56.3g	5.6g
- sugars (g)	14.8g	1.5g
Sodium (mg)	1346mg	133.3mg
Dietary Fibre (g)	10.2g	1g

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.

1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. Grate the **carrot**. Thinly slice **onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch half the **sliced onion** in your hands, then add it to pickling liquid. Add enough **water** to just cover onion. Set aside.

4



Bake the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray. Divide the **beef mixture** among tortillas, spooning it onto one half of each, then top with **shredded Cheddar cheese**.
- Fold 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 until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon any overflowing **filling** back into the quesadillas.

TIP: Place a sheet of baking paper and an oven tray on top if quesadillas unfold during cooking.

2



Char the corn

- Drain the **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.

5



Make the salsa

- Meanwhile, drain **pickled onion**.
- Add **onion** to the bowl with **charred corn**, then add a drizzle of **olive oil**. Toss to combine, then season to taste.

3



Make the filling

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **carrot**, **beef mince** and remaining **onion**, breaking up mince with a spoon, until just browned, **4-6 minutes**.
- **SPICY!** This is a hot spice blend, use less if you're sensitive to heat! Reduce the heat to low, then add **garlic**, **Mexican fiesta spice blend**, **tomato paste** and the **butter** and cook until fragrant, **1 minute**.
- Add the **water** and **brown sugar**, then stir and simmer until slightly thickened, **1-2 minutes**. Season to taste.

6



Serve up

- Divide cheesy Mexican beef and veggie quesadillas between plates.
- Top with charred corn salsa and serve with **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



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.

