



Cheesy Beef Quesadillas

with Slaw & Sour Cream

Grab your meal kit with this number

2



Carrot



Celery



Garlic



Beef Mince



Tex-Mex
Spice Blend



Tomato Paste



Mini Flour
Tortillas



Shredded Cheddar
Cheese



Shredded Cabbage
Mix



Sour Cream



Pork
Mince



Beef
Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Oops, we've done it again – pulled out all the stops to create a weekday favourite filled with exciting flavours we know you love! Dinner tonight is easy, breezy and very cheesy, with a tender beef filling seasoned in our fan-favourite Tex-Mex spice blend.

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
beef mince	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	2 medium packets
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
sour cream	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (783Cal)	672kJ (160Cal)
Protein (g)	45.7g	9.4g
Fat, total (g)	38.2g	7.8g
- saturated (g)	20.8g	4.3g
Carbohydrate (g)	56.7g	11.6g
- sugars (g)	17.1g	3.5g
Sodium (mg)	1195mg	245mg
Dietary Fibre (g)	12g	2.5g

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

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Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Grate **carrot**. Finely chop **celery** and **garlic**.
- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**.

TIP: For best results, drain excess oil from the pan before cooking the sauce.



Bake the quesedillas

- Arrange **mini flour tortillas** on a lined oven tray. Divide the **beef 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 gently with a spatula. Brush (or spray) the **tortillas** with a drizzle of **olive oil**, then 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**.

TIP: You can place a sheet of baking paper and a second oven tray on top of the **quesadillas** if they unfold during cooking.

CUSTOM
OPTIONS



SWAP TO PORK MINCE
Follow method above.



DOUBLE BEEF MINCE
Follow method above.



Make the filling

- Add **celery** and **carrot** and cook, stirring, until softened, **4-5 minutes**.
- Add **garlic**, **Tex-Mex spice blend** and **tomato paste** to the pan and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar** and **water** and cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste.



Serve up

- Meanwhile, in a medium bowl, combine **shredded cabbage mix** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide cheesy beef quesadillas between plates.
- Serve with slaw and **sour cream**. Enjoy!

TIP: Cut the **quesadillas** into wedges if you prefer!

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

