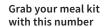
Cheesy Beef Quesadillas with Slaw & Sour Cream















Beef Mince



Tex-Mex



Spice Blend



Mini Flour Tortillas



Shredded Cheddar

Cheese

Tomato Paste



Shredded Cabbage Mix







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	
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*	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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!







