



Mexican Beef & Sweetcorn Quesadilla

with Cheddar Cheese & Sour Cream

Grab your Meal Kit with this symbol



Sweetcorn



Beef Mince



Tomato Paste



Mexican Fiesta Spice Blend



Sour Cream



Mini Flour Tortillas



Shredded Cheddar Cheese



Baby Spinach Leaves

Hands-on: **10 mins**
 Ready in: **15 mins**
 Spicy (Mexican Fiesta spice blend)

These easy beef quesadillas cook all in one pan - perfect for a no fuss lunch. Add the bold Mexican flavours you know and love, plus a pop of bright corn and rich sour cream and these will quickly be your new midday favourites.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
sweetcorn	1 tin
beef mince	1 packet
tomato paste	1 packet
Mexican Fiesta spice blend	1 sachet
sour cream	1 medium packet
mini flour tortillas	6
shredded Cheddar cheese	1 packet (50g)
baby spinach leaves	1 bag (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4446kJ (1062Cal)	808kJ (193Cal)
Protein (g)	54.1g	9.8g
Fat, total (g)	51.8g	9.4g
- saturated (g)	27.4g	5g
Carbohydrate (g)	53.9g	9.8g
- sugars (g)	19.2g	3.5g
Sodium (mg)	2120mg	385mg

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



Cook the beef

Drain the **sweetcorn**. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **beef mince** and **sweetcorn**, breaking the beef up with a spoon, until browned, **4 minutes**.

2



Flavour the beef

SPICY! *The spice blend is hot, use less if you're sensitive to heat.* Add the **tomato paste** and **Mexican Fiesta spice blend** to the **beef** and cook until fragrant, **1 minute**. Remove from the heat, season to taste and set aside to cool.

3



Pack

When you're ready to pack your lunch, spread the **sour cream** over the **mini flour tortillas**. Sprinkle over the **shredded Cheddar cheese**. Divide the **baby spinach leaves** and **Mexican beef mixture** between tortillas. Fold in half and wrap in foil or plastic wrap. Refrigerate.

4



Heat & serve

At lunchtime, remove the wrapping and reheat in a sandwich press or on a plate in the microwave for **30 seconds** bursts until heated to your liking.

Enjoy!