

BAKED BEEF & CORN QUESADILLAS

with Salsa & Sour Cream





Bake your quesadillas - it's so easy!







Cheddar Cheese





Sweetcorn





Tex-Mex Spice Blend





Tomato Paste

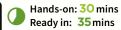
Mini Flour Tortillas







Pantry Staples: Olive Oil



These easy beef quesadillas cook all at once in the oven — perfect for getting dinner on the table with minimal fuss. Add the bold Mexican flavours you know and love, plus a bright and zesty corn salsa and rich sour cream and these will quickly be your new favourite meal.

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

· large frying pan · oven tray lined with baking paper



Preheat the oven to 200°C/180°C fanforced. Grate the carrot (unpeeled). Grate the Cheddar cheese. Drain the sweetcorn (see ingredients list). Slice the lime (see ingredients list) into wedges.



2 COOK THE MINCE
In a large frying pan, heat a drizzle of
olive oil over a medium-high heat. Add the
beef mince and cook, breaking up with a
wooden spoon, until browned, 3-4 minutes.
Add a drizzle more olive oil, the TexMex spice blend and tomato paste (see
ingredients list) and cook until fragrant,
1-2 minutes. Add the grated carrot, the water
and 2/3 of the sweetcorn. Simmer until the
carrot has softened, 2 minutes. Season to
taste with salt and pepper. TIP: Add a dash
more water if the mixture is too thick.



Assemble The QUESADILLAS
Arrange 1/2 the mini flour tortillas on
an oven tray lined with baking paper. Divide
the beef mixture between the tortillas and
top with the grated Cheddar cheese. Top with
the remaining tortillas. Press down on the
tortillas gently with a spatula. Brush or spray
the tortillas with olive oil and season with salt
and pepper.



BAKE THE QUESADILLAS

Bake the quesadillas until the cheese has melted and the tortillas are golden,

10-12 minutes.



MAKE THE SALSA
While the quesadillas are baking, finely chop the tomato. Roughly chop the baby spinach leaves. In a medium bowl, combine the tomato, spinach, remaining sweetcorn, a drizzle of olive oil and a small squeeze of lime juice. Season with salt and pepper and mix well.



6 SERVE UP
Cut the quesadillas into quarters and divide between plates. Serve with the sour cream, tomato salsa and the remaining lime wedges.

ENJOY!

INGREDIENTS

| | 2P | 4P |
|----------------------|-------------------------|--------------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| Cheddar cheese | 1 block (50 g) | 1 block (100 g) |
| sweetcorn | 1⁄2 tin (150 g) | 1 tin (300 g) |
| lime | 1/2 | 1 |
| beef mince | 1 packet (250 g) | 1 packet (500 g) |
| Tex-Mex spice blend | 1 sachet | 2 sachets |
| tomato paste | ⅔ tin | 1½ tins |
| water* | 2 ½ tbs | ⅓ cup |
| mini flour tortillas | 8 | 16 |
| tomato | 1 | 2 |
| baby spinach leaves | 1 bag (30 g) | 1 bag (60 g) |
| sour cream | 1 tub (125 g) | 2 tubs (250 g) |

^{*}Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3630kJ (868Cal) | 658kJ (157Cal) |
| Protein (g) | 47.3g | 8.6g |
| Fat, total (g) | 38.6g | 7.0g |
| saturated (g) | 16.6g | 3.0g |
| Carbohydrate (g) | 76.0g | 13.8g |
| - sugars (g) | 15.4g | 2.8g |
| Sodium (g) | 1430mg | 260mg |
| | | |

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

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