



BAKED BEEF & CORN QUESADILLAS

with Salsa & Sour Cream



Bake your quesadillas
- it's so easy!



Carrot



Cheddar Cheese



Sweetcorn



Lime



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Tomato



Baby Spinach
Leaves



Sour Cream

Hands-on: **30 mins**
Ready in: **35 mins**

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.

Pantry Staples: Olive Oil

BEFORE YOU START

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**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. 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 **Tex-Mex 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.



3 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**.



4 BAKE THE QUESADILLAS

Bake the **quesadillas** until the cheese has melted and the tortillas are golden, **10-12 minutes**.



5 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!

2 | 4 PEOPLE 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	½ tin (150 g)	1 tin (300 g)
lime	½	1
beef mince	1 packet (250 g)	1 packet (500 g)
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	½ tin	1½ tins
water*	2 ½ tbs	½ 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](https://www.hellofresh.co.nz/recipes)

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