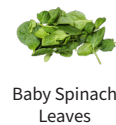
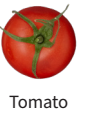
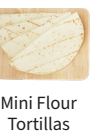
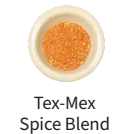
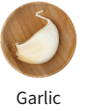


# Baked Beef & Corn Quesadillas

with Salsa & Sour Cream

Grab your Meal Kit with this symbol



 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

These easy beef quesadillas cook all at once in the oven — perfect for a family dinner. 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 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 · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
lime	½	1
garlic	1 clove	2 cloves
beef mince	1 small packet	1 medium packet
tomato paste	1 sachet	2 sachets
Tex-Mex spice blend	¾ sachet	1½ sachets
water*	2 tbs	¼ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
coriander	1 bag	1 bag
sour cream	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3407kJ (814Cal)	616kJ (147Cal)
Protein (g)	47.8g	8.6g
Fat, total (g)	38.6g	7g
- saturated (g)	17.9g	3.2g
Carbohydrate (g)	61.6g	11.1g
- sugars (g)	18.1g	11.1g
Sodium (mg)	1305mg	236mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Grate the **carrot**. Drain the **sweetcorn**. Slice the **lime** into wedges. Finely chop the **garlic**.

2



## Cook the mince

**SPICY!** This is a mild spice blend, but feel free to add less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**. Add a drizzle more **olive oil** if needed, the **tomato paste**, **garlic** and **Tex-Mex spice blend** (see ingredients) and cook until fragrant, **1-2 minutes**. Add the grated **carrot**, **water** and 1/2 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 the **tortillas** over a lined oven tray. Divide the **beef mixture** among the **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** and season.

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

4



## Bake the quesadillas

Bake the **quesadillas** until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into the **quesadillas**.

5



## Make the salsa

While the quesadillas are baking, finely chop the **tomato**. Finely chop the **baby spinach leaves**. Roughly chop the **coriander**. In a medium bowl, combine the **tomato**, **baby spinach**, **coriander** and remaining **sweetcorn**. Add a drizzle of **olive oil** and a small squeeze of **lime juice**. Season and toss to combine.

6



## Serve up

Cut the quesadillas in half and divide between plates. Serve with **sour cream**, tomato salsa and the remaining lime wedges.

## Enjoy!