



# BBQ Beef Quesadillas with Baby Gem and Tomato Salad

Rapid 20 Minutes • Mild Spice

11



Beef Mince



Garlic Clove



Central American  
Style Spice Mix



Tomato Puree



Mature Cheddar  
Cheese



BBQ Sauce



Plain Taco Tortilla



Cider Vinegar



Medium Tomato



Baby Gem Lettuce

Pantry Items  
Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Frying pan, garlic press, grater, baking tray and bowl.

## Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachet
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Mature Cheddar Cheese** 7)	60g	90g	120g
BBQ Sauce	32g	48g	64g
Plain Taco Tortilla 13)	4	6	8
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Medium Tomato	1	2	2
Baby Gem Lettuce**	1	1½	2

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2825 /675	819 /196
Fat (g)	35.0	10.2
Sat. Fat (g)	16.3	4.7
Carbohydrate (g)	47.5	13.8
Sugars (g)	8.9	2.6
Protein (g)	40.1	11.6
Salt (g)	1.79	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Brown the Mince

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Heat a medium frying pan on medium-high heat (no oil).
- Once the pan is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**.



## Mix the Salad Dressing

- While the **quesadillas** bake, pop the **cider vinegar** and **olive oil for the dressing** (see ingredients for amount) into a large bowl.
- Season with **salt** and **pepper**, then mix together.
- Chop the **tomatoes** into 1cm pieces and add them to the **dressing**.



## Build the Flavour

- While the **beef** cooks, peel and grate the **garlic** (or use a garlic press).
- Add the **garlic**, **Central American style spice mix** and **tomato puree** to the **beef**, then stir-fry for 1 min.
- Stir in the **water for the sauce** (see ingredients for amount) and cook until thickened, 2-3 mins. Meanwhile, grate the **cheese**.
- Once thickened, remove the pan from the heat and stir in the **BBQ sauce**. Taste and season with **salt** and **pepper** if needed.



## Baby Gem Time

- Trim the **baby gem**, halve lengthways, then thinly slice widthways.
- Just before serving, add the **baby gem** to the bowl of **dressing** and toss to coat.



## Make your Quesadillas

- Lay the **tortillas** onto a baking tray (2 per person) and spoon the **beef filling** onto one half of each one.
- Top with the **cheese**, then fold the other side over to make a semi-circle. Press down to keep together.
- Rub a little **oil** over the top of each one.
- Bake your **quesadillas** on the top shelf of your oven until golden, 5-7 mins.



## Serve

- When ready, share the **BBQ beef quesadillas** between your plates.

- Serve with the **salad** alongside.

## Enjoy!