



BAKED BEEF & CORN QUESADILLAS

with Salsa & Sour Cream



Bake quesadillas
in the oven



Carrot



Sweetcorn



Lemon



Beef Mince



Tomato Paste



Tex-Mex
Spice Blend



Mini Flour
Tortillas



Shredded Cheddar
Cheese



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 a family dinner. Add the bold Tex-Mex 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 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** • **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Grate the **carrot** (unpeeled). Drain the **sweetcorn**. Slice the **lemon** into wedges.



2 COOK THE MINCE

SPICY! *This is a mild spice blend, but feel free to add less if the kids are sensitive to heat.* 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 spoon, until browned, **3-4 minutes**. Add a **drizzle** more **olive oil**, the **tomato paste** and **1 1/2 sachets** of **Tex-Mex spice blend** and cook until fragrant, **1-2 minutes**. Add the grated **carrot**, **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

Lay **1/2** the **mini flour tortillas** over two oven trays lined with baking paper. Divide the **beef mixture** between the **tortillas** and top with **shredded Cheddar cheese**. Top with the **remaining tortillas**. Press down on the tortillas gently with a spatula. Brush or spray the tortillas with a **drizzle** of **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**. Finely chop the **baby spinach leaves**. In a medium bowl, combine the **tomato**, **baby spinach**, **remaining sweetcorn**, a **drizzle** of **olive oil** and a **small squeeze** of **lemon 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**, salsa and remaining lemon wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	2
sweetcorn	1 tin
lemon	1
beef mince	1 medium packet
tomato paste	2 tins
Tex-Mex spice blend	1½ sachets
water*	½ cup
mini flour tortillas	16
shredded Cheddar cheese	1 packet (100g)
tomato	2
baby spinach leaves	1 bag (60g)
sour cream	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3670kJ (877Cal)	665kJ (159Cal)
Protein (g)	47.2g	8.5g
Fat, total (g)	40.4g	7.3g
- saturated (g)	18.4g	3.3g
Carbohydrate (g)	74.7g	13.5g
- sugars (g)	15.0g	2.7g
Sodium (g)	1400mg	254mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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Hello@HelloFresh.co.nz

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