



Dinner - Cheesy Beef Quesadillas with Cucumber Salsa

Lunch - Mexican Beef & Herby Rice

Grab your Meal Kit with this symbol



Brown Onion



Capsicum



Garlic



Lime



Carrot



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Diced Tomatoes



Beef Stock



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Cucumber



Greek Yoghurt

FOR YOUR LUNCH



Coriander



Microwaveable Basmati Rice

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Start with easy oven-baked quesadillas for dinner, then pop the extra beef mixture and some quick herby rice in a container to enjoy for lunch the next day. Extra delicious!

Pantry items

Olive Oil, Brown Sugar

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 · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
capsicum	1	2
garlic	2 cloves	3 cloves
lime	1	2
carrot	2	3
beef mince	1 large packet	1 large & small packet
Tex-Mex spice blend	2 sachets	3 sachets
tomato paste	2 sachets	3 sachets
diced tomatoes	1 tin	1½ tins
brown sugar*	½ tsp	¾ tsp
beef stock	2 cubes	3 cubes
mini flour tortillas	8	16
shredded Cheddar cheese	3 packets (150g)	5 packets (250g)
tomato	1	2
cucumber	1	2
Greek yoghurt	1 packet (100g)	2 packets (200g)
water*	¼ cup	¼ cup
coriander	1 bag	1 bag
microwavable basmati rice	1 packet	1 packet

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	4030kJ (963Cal)	497kJ (119Cal)
Protein (g)	56.3g	7.0g
Fat, total (g)	39.8g	4.9g
- saturated (g)	17.7g	2.2g
Carbohydrate (g)	87.1g	10.7g
- sugars (g)	26.1g	3.2g
Sodium (g)	1970mg	243mg
LUNCH		
Energy (kJ)	2490kJ (595Cal)	431kJ (103Cal)
Protein (g)	40.6g	7.0g
Fat, total (g)	20.4g	3.5g
- saturated (g)	10.0g	1.7g
Carbohydrate (g)	57.9g	10.0g
- sugars (g)	16.6g	2.9g
Sodium (g)	1260mg	218mg

Allergens

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

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

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1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion**. Cut the **capsicum** into 1cm pieces. Finely chop the **garlic** (or use a garlic press). Zest the **lime** to get a **pinch**, then slice into wedges. Grate the **carrot** (unpeeled).



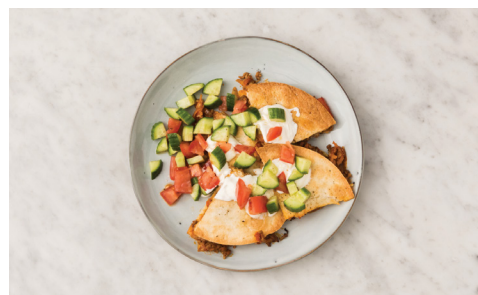
4. Bake the quesadillas

Lay **1/2** the **mini flour tortillas** (see **ingredients list**) over two oven trays lined with baking paper. Reserve **2 portions** (about **1 cup**) of the **beef mixture** for lunch, then divide the **remaining mixture** between the **tortillas** and sprinkle with the **shredded Cheddar cheese** (reserve 50g for lunch). Top with the **remaining tortillas**. Press down on the **tortillas** gently. Brush or spray the tortillas with **olive oil** and season with **salt** and **pepper**. Bake the **quesadillas** until the cheese has melted and the tortillas are golden, **5-8 minutes**.



2. Cook the beef mince

SPICY! This is a **mild spice blend**, feel free to add less if you're extra sensitive to heat. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **capsicum** and cook, stirring, until softened, **2-3 minutes**. Add the **carrot** and cook, stirring, until softened, **2 minutes**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.



5. Serve up dinner

While the quesadillas are baking, cut the **tomato** and **cucumber** into 1cm pieces. Transfer to a medium bowl with a pinch of **salt** and **pepper**, a **drizzle of olive oil** and a **squeeze of lime juice**. Toss to combine. Slice the **quesadillas** into quarters and divide between plates. Top with a dollop of **Greek yoghurt** and serve with the **cucumber salsa**.



3. Make it saucy

Reduce the heat to medium, then add the **tomato paste**, **diced tomatoes** (see **ingredients list**), **brown sugar** and crumble in the **beef stock** (**2 cubes for 2 people / 3 cubes for 4 people**). Stir to combine. Cook until just heated through, **2 minutes**.



6. Make lunch

When you're ready to pack your lunch, add the **water** and a **pinch of salt** to the reserved **beef mixture** and stir to combine. Roughly chop the **coriander**. In a medium bowl, combine the **microwavable basmati rice** (no need to heat it), **coriander**, **lime zest** and a **generous pinch of salt**. Divide between two microwavable containers. Top with the **Mexican beef**, a **lime wedge** and the **reserved Cheddar cheese**. Refrigerate. At lunchtime, remove the **lime wedge**. Microwave the Mexican beef rice bowl until piping hot, **2-3 minutes**. Add **lime juice** to taste.

Enjoy!