



# OVEN-BAKED BEEF & CHEESE QUESADILAS

with Avocado Smash



Bake quesadillas in the oven



Red Onion



Carrot



Beef Mince



Cheddar Cheese



Coriander



Long Red Chilli (Optional)



Taco Spice Blend



Avocado



Mini Flour Tortillas

Pantry Staples



Olive Oil



White Wine Vinegar (Optional)



Salt

Hands-on: 30 mins  
Ready in: 35 mins

Stop! Step away from the oil. These healthy oven-baked quesadillas are sure to put a smile on your dial, while you make terrible jokes about avocados and home ownership. Go on – it's a national institution!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, medium frying pan, wooden spoon, oven tray** lined with **baking paper, spatula, small bowl** and a **fork**.



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan forced**. Finely chop the **red onion**. Finely chop the **coriander stalks** (reserve the leaves for the salsa). Grate the **carrot** (unpeeled). Grate the **Cheddar cheese**. Finely slice the **long red chilli** (if using).



### 2 COOK THE MINCE

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add  $\frac{3}{4}$  of the **red onion** and the **coriander stalks** and cook for **3-4 minutes**, or until softened. Add the **beef mince** and cook for **5-6 minutes**, breaking up with a wooden spoon, until browned. Add the **carrot, taco spice blend** and **salt** (use **suggested amount**) and cook for **1 minute**, or until fragrant. Season to taste with a **pinch** of **pepper**.



### 3 ASSEMBLE THE QUESADILLAS

Place **1 mini flour tortilla** on the oven tray lined with baking paper. Top with **1/2 cup** of the **beef mince mixture**, sprinkle over **1 tbs** of **Cheddar cheese** and top with another tortilla. Repeat with the remaining tortillas, beef mince mixture and cheese.



### 4 BAKE THE QUESADILLAS

Gently press the tortillas down with a spatula. **Spray** (or **brush**) the tortillas with **olive oil** and place in the oven to cook for **7-8 minutes**, or until golden.



### 5 MAKE THE AVOCADO SMASH

While the quesadillas are baking, dice the **avocado** into 1 cm cubes. **TIP:** *Keep the avocado in the skin while slicing the cubes, then scoop out the cubed flesh out with a spoon.* Place the avocado cubes, the **white wine vinegar** (if using) and the **remaining red onion** in a small bowl and mash with a fork. Season to taste with a **pinch** of **salt** and **pepper**. Set aside.



### 6 SERVE UP

Slice the quesadillas into quarters and divide between plates. Top with the avocado smash and sprinkle over with the **coriander leaves** and the long red chilli (if using). **TIP:** *Some like it hot but if you don't, just hold back on the chilli.*

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
coriander	1 bunch	1 bunch
carrot	1	2
Cheddar cheese	1 block (50 g)	1 block (100 g)
long red chilli (optional)	1	2
beef mince	1 packet	1 packet
taco spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
salt*	¼ tsp	½ tsp
mini flour tortillas	8	16
avocado	1	2
white wine vinegar* (optional)	2 tsp	1 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3950kJ (943Cal)	739kJ (177Cal)
Protein (g)	45.1g	8.4g
Fat, total (g)	52.5g	9.8g
- saturated (g)	15.0g	2.8g
Carbohydrate (g)	67.0g	12.5g
- sugars (g)	10.0g	1.9g
Sodium (g)	789mg	148mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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