

Baked Beef & Corn Quesadillas

with Salsa & Sour Cream

Grab your Meal Kit
with this symbol



Carrot



Sweetcorn



Lime



Tex-Mex
Spice Blend



Beef Mince



Tomato Paste



Shredded Cheddar
Cheese



Tomato



Baby Spinach
Leaves



Sour Cream



Mini Flour
Tortillas



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 · Two oven trays 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
Tex-Mex spice blend	¾ sachet	1½ sachets
beef mince	1 small packet	1 medium packet
tomato paste	1 sachet	2 sachets
water*	2 tbs	½ cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
sour cream	1 packet (100g)	1 packet (200g)
mini flour tortillas	6	12

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3379kJ (807Cal)	615kJ (146Cal)
Protein (g)	47.8g	8.7g
Fat, total (g)	38g	6.9g
- saturated (g)	17.4g	3.2g
Carbohydrate (g)	61.6g	11.2g
- sugars (g)	18.3g	3.3g
Sodium (mg)	1285mg	234mg

Allergens

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

Visit 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** (unpeeled). Drain the **sweetcorn**.

2



Cook the mince

SPICY! This is a mild spice blend, but feel free to add even less if the family prefer. 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**, the **tomato paste** and **Tex-Mex spice blend** (see ingredients) 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

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for 10 second bursts, until softened. Arrange the **tortillas** over an oven tray lined with baking paper. Divide the **beef mixture** between one half of each **tortilla** and sprinkle with **Cheddar cheese**. Fold 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 with **salt** and **pepper**.

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.

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

5



Make the salsa

While the quesadillas are baking, finely chop the **tomato**. Finely chop the **baby spinach leaves**. Slice the **lime** into wedges. In a medium bowl, combine the **tomato**, **spinach**, **remaining sweetcorn**, a drizzle of **olive oil** and a small squeeze of **lime juice**. Season with **salt** and **pepper** and mix well.

6



Serve up

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

Enjoy!