



Baked Beef & Corn Quesadillas

with Salsa & Sour Cream

Grab your Meal Kit with this symbol



Carrot



Capsicum



Lemon



Garlic



Beef Mince



Tomato Paste



Tex-Mex Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Baby Spinach Leaves



Coriander



Light Sour Cream

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Bursting with tender Tex-Mex beef, juicy capsicum, and of course, melted cheese, this recipe sure hits the spot - and it will be on the table faster than takeaway.

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
lemon	½	1
garlic	1 clove	2 cloves
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
Tex-Mex spice blend	¾ sachet	1½ sachets
water*	2 tbs	¼ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
coriander	1 bag	1 bag
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3423kJ (818Cal)	526kJ (126Cal)
Protein (g)	48.5g	7.5g
Fat, total (g)	37.6g	5.8g
- saturated (g)	17.6g	2.7g
Carbohydrate (g)	62.6g	9.6g
- sugars (g)	21.6g	9.6g
Sodium (mg)	1158mg	178mg

The quantities provided above are averages only.

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.



Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Grate the **carrot**. Cut the **capsicum** into bite-sized pieces. Slice the **lemon** into wedges. Finely chop the **garlic**.



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: Place a sheet of baking paper and a second lined oven tray on top of the quesadillas if they unfold during cooking.



Cook the mince

SPICY! This is a mild spice blend, feel free to add less if you're sensitive to heat. 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** if needed, the **garlic**, **tomato paste** and **Tex-Mex spice blend** (see ingredients) and cook until fragrant, **1-2 minutes**. Add the grated **carrot**, **capsicum** and **water**. Simmer until the **carrot** has softened, **2 minutes**. Season with **salt** and **pepper**.

TIP: Add a dash more water if the mixture is too thick.



Make the salsa

While the quesadillas are baking, finely chop the **tomato**. Finely chop the **baby spinach leaves**. Roughly chop the **coriander**. In a medium bowl, combine the **tomato**, **baby spinach**, **coriander**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Season and toss to combine.



Assemble the quesadillas

Arrange the **tortillas** over a lined oven tray. Divide the **beef mixture** between half of each **tortilla**, then top with the **shredded Cheddar cheese**. Fold each **tortilla** over to enclose and press down gently with a spatula. Brush or spray each **tortilla** with a drizzle of **olive oil** and season.



Serve up

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

Enjoy!

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