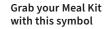
# Baked Beef & Corn Quesadillas with Salsa & Sour Cream















Lemon





Tomato Paste



Tex-Mex



Tortillas

Spice Blend



Shredded Cheddar



Cheese





Coriander

Tomato

**Baby Spinach** Leaves



Light Sour



**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  $\cdot$  Oven tray lined with baking paper

# Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
lemon	1/2	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	1/4 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

<sup>\*</sup>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.



### 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.



# 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.



## 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.



## 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.



# 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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