



# Baked Beef & Corn Quesadillas

with Tomato Salsa & Sour Cream

Grab your Meal Kit  
with this symbol



Carrot



Sweetcorn



Tex-Mex Spice  
Blend



Tomato Paste



Mini Flour  
Tortillas



Coriander



Beef Mince



Shredded Cheddar  
Cheese



Light Sour  
Cream



Tomato Salsa

Prep in: **25-35** mins  
Ready in: **30-40** mins

Bursting with tender Tex-Mex beef, juicy corn, and of course, melted cheese, this recipe sure hits the spot - and 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
<b>water*</b>	2 tbs	¼ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 bag	1 bag
light sour cream	1 medium packet	1 large packet
tomato salsa	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3441kJ (822Cal)	671kJ (160Cal)
Protein (g)	46g	9g
Fat, total (g)	41.4g	8.1g
- saturated (g)	18.3g	3.6g
Carbohydrate (g)	61.9g	12.1g
- sugars (g)	18.6g	3.6g
Sodium (mg)	1505mg	294mg

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](https://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 oven to **220°C/200°C fan-forced**.
- Grate the **carrot**.
- Drain the **sweetcorn**.

2



## Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Drain any oil from pan, then add **Tex-Mex spice blend** and **tomato paste**. Cook until fragrant, **1-2 minutes**.
- Add the **water**, **carrot** and **corn**. Simmer until carrot is softened, **2 minutes**. Season with salt and pepper to taste.

**TIP:** Add a dash more water to loosen the filling, if needed.

3



## Assemble the quesadillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.
- Arrange **tortillas** over a lined oven tray. Divide the **beef filling** among **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold empty half of each **tortilla** over to enclose the filling, then press down with a spatula. Brush (or spray) **tortillas** with **olive oil**, then season.

**Little cooks:** Lend a hand by assembling the quesadillas. Be careful, the filling is hot!

4



## Bake the quesadillas

- Bake **quesadillas** until cheese is melted and tortillas are golden, **10-12 minutes**.
- Spoon any overflowing **filling** and **cheese** back into the **quesadillas**.

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

5



## Prep the garnish

- While the quesadillas are baking, roughly chop **coriander** leaves.

6



## Serve up

- Divide baked beef and corn quesadillas between plates.
- Top with a dollop of **light sour cream** and **tomato salsa**.
- Sprinkle with coriander to serve. Enjoy!

**Little cooks:** Show them how it's done and top the quesadillas with the sides!

## We're here to help!

Scan here if you have any questions or concerns

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