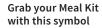
Baked Beef & Corn Quesadillas with Tomato Salsa & Sour Cream













Tex-Mex Spice Blend

Tomato Paste





Mini Flour Tortillas

Coriander



Shredded Cheddar Cheese





Tomato Salsa

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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

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
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
water*	2 tbs	⅓ 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
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*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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Grate the carrot.
- Drain the sweetcorn.



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.



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!



Bake the guesadillas

- · 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.



Prep the garnish

• While the quesadillas are baking, roughly chop coriander leaves.



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!

