



Baked Beef & Corn Quesadillas

with Tomato Salsa & Sour Cream

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Sweetcorn



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Beef Mince



Shredded Cheddar Cheese



Light Sour Cream



Tomato Relish



Diced Bacon

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
sweetcorn	1 medium tin	1 large tin
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	2 tbs	¼ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
tomato relish	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3327kJ (795Cal)	662kJ (158Cal)
Protein (g)	44.6g	8.9g
Fat, total (g)	39.5g	7.9g
- saturated (g)	16.6g	3.3g
Carbohydrate (g)	61.2g	12.2g
- sugars (g)	18.2g	3.6g
Sodium (mg)	1465mg	292mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3714kJ (888Cal)	678kJ (162Cal)
Protein (g)	51.5g	9.4g
Fat, total (g)	46.3g	8.5g
- saturated (g)	19.1g	3.5g
Carbohydrate (g)	62g	11.3g
- sugars (g)	18.7g	3.4g
Sodium (mg)	1895mg	346mg

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.

We're here to help!

Scan here if you have any questions or concerns



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Get prepped

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



Cook the beef

- 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**.

TIP: For best results, drain the oil from the pan before adding the flavourings.

Custom Recipe: If you've added diced bacon, cook the bacon with the beef, breaking up with a spoon, until browned, 4-6 minutes.



Add the flavourings

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **Tex-Mex spice blend** and **tomato paste**. Cook until fragrant, **1-2 minutes**.
- Stir in the **water**, **carrot** and **corn**. Simmer until **carrot** is softened, **2 minutes**. Season with **salt** and **pepper**.

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



Arrange the quesadillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Arrange **tortillas** over a lined oven tray. Divide **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 filling, then press down with a spatula. Brush (or spray) **tortillas** with **olive oil**, then season.

Little cooks: Under adult supervision, lend a hand by assembling the quesadillas. Be careful, the filling is hot!



Bake the quesadillas

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

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



Serve up

- Divide baked beef and corn quesadillas between plates.
- Top with a dollop of **light sour cream** and **tomato relish**. Enjoy!

Little cooks: Show them how it's done and top the quesadillas with the sour cream and salsa.

Rate your recipe

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