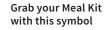


# Baked Beef & Corn Quesadillas

with Tomato Salsa & Sour Cream

KID FRIENDLY













Tex-Mex



Tomato Paste

Spice Blend





Tortillas



Shredded Cheddar



Cheese



Tomato Relish





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
refer to method	refer to method
1	2
1 medium tin	1 large tin
1 small packet	1 medium packet
1 medium sachet	1 large sachet
1 packet	1 packet
2 tbs	1/4 cup
6	12
1 medium packet	1 large packet
1 medium packet	1 large packet
1 medium packet	1 large packet
1 packet (90g)	1 packet (180g)
	refer to method 1 1 medium tin 1 small packet 1 medium sachet 1 packet 2 tbs 6 1 medium packet

<sup>\*</sup>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 Posino		

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3714kJ (888Cal)	<b>678kJ</b> (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.



### 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.

