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Mexican Quesadilla

Forget the Tex-Mex quesadillas of the past - the spiced beef mince and melted cheese in this beauty is perfectly balanced and authentic in taste. The secret to a killer Mexican feast is a refreshing salsa made with sweet tomato, punchy coriander and spicy chilli. So simple, yet so satisfying!



Prep: 10 mins Cook: 25 mins Total: 35 mins



level 2



high fibre



high protein





spicy





Pantry Items: Olive Oil









Tomato

Long Red Chilli

Coriander

Brown Onion

Lemon









Mexican Beef Mince Red Kidney Beans White Flour Tortillas Cheddar Cheese

2P	4P	Ingredients	
1	2	tomato, diced	Α
1	2	long red chilli, deseeded & finely sliced	
1 bunch	2 bunches	coriander, finely chopped	#
1	2	lemon, cut into wedges	1
2 tsp	1 tbs	olive oil *	
1/2	1	brown onion, finely chopped	1
300 g	600 g	Mexican beef mince	
1 tin	2 tins	red kidney beans, drained & rinsed	
6	12	white flour tortillas	
½ block	1 block	Cheddar cheese, grated	

- May feature in another recipe
 - * Pantry Items

Nutrition per serving

Energy	3830	Kj
Protein	58.5	g
Fat, total	37.8	g
-saturated	18.3	g
Carbohydrate	77.2	g
-sugars	10	g
Sodium	1660	mg

Measuretool

0 cm	1cm	2 cm

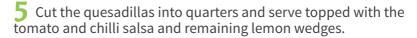


You will need: chef's knife, chopping board, sieve, box grater, small bowl, medium frying pan, wooden spoon, large bowl, paper towel, spatula, large plate and aluminium foil.

- Combine the tomato, long red chilli, coriander, the juice of half of the lemon wedges and a pinch of salt in a small bowl. Set aside. Tip: For extra heat, add the chilli seeds.
- 2 Heat the **olive oil** in medium frying pan over a medium-high heat. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **Mexican beef mince** and cook, breaking up with a wooden spoon, for **3 minutes** or until browned. Add the **red kidney beans** and cook for **2 minutes**, breaking up some of the beans with the back of a wooden spoon. Transfer the mince mixture to a large bowl. Wipe the pan clean.













Did you know? 'Quesadilla" comes from the Spanish work "queso" meaning cheese.