



Everything
But The Chef

hello@hellofresh.com.au

02 81 888 722

WK38
2015

Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

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!

Pantry Items: Olive Oil

- Prep:** 10 mins
- Cook:** 25 mins
- Total:** 35 mins
- level 2**
- high fibre**
- high protein**
- nut free**
- spicy**



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	A
1	2	long red chilli, deseeded & finely sliced	
1 bunch	2 bunches	coriander, finely chopped	⊕
1	2	lemon, cut into wedges	⊕
2 tsp	1 tbs	olive oil *	
½	1	brown onion, finely chopped	⊕
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	1 cm	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.*

1 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.

3 Place the same frying pan back over a medium heat. Spray with a little olive oil. Place one **white flour tortilla** in the pan and spoon over some of the mince mixture. Sprinkle with a little **Cheddar cheese** and top with another tortilla. Spray the top of the tortilla with a little oil and cook for **1-2 minutes** or until golden.

4 To flip the quesadilla, slide it out of the pan (cooked side down) with a spatula onto a large plate. Place the frying pan over the uncooked tortilla and flip the plate so that it lands with the uncooked side down in the frying pan. Cook for **1-2 minutes** or until golden. Transfer back to the plate and cover with foil to keep warm. Repeat with the remaining tortillas, mince mixture, and cheese.

5 Cut the quesadillas into quarters and serve topped with the tomato and chilli salsa and remaining lemon wedges.



Did you know? ‘Quesadilla’ comes from the Spanish work ‘queso’ meaning cheese.