

Baked Beef & Corn Quesadillas

with Tomato Relish & Sour Cream **KID FRIENDLY**





Sweetcor



Tex-Mex Spice Blend







Mini Flour Tortillas

Beef Mince



Light Sour Cream

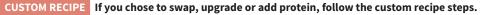
Tomato Relish





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



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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 \cdot Oven tray lined with baking paper

Ingredients

| • | | |
|----------------------------|---------------------|--------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| sweetcorn | ½ large 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 | 1⁄4 cup |
| mini flour tortillas | 6 | 12 |
| light sour cream | 1 medium packet | 1 large packet |
| tomato relish | 2 medium packets | 4 medium packets |
| shredded Cheddar cheese | 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) | 3717kJ (888Cal) | 679kJ (162Cal) |
| Protein (g) | 51.3g | 9.4g |
| Fat, total (g) | 46.4g | 8.5g |
| - saturated (g) | 19.2g | 3.5g |
| Carbohydrate (g) | 62.1g | 11.3g |
| - sugars (g) | 18.7g | 3.4g |
| Sodium (mg) | 1897mg | 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 2023 | CW09



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 cooking the sauce.

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.
- Add 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. Enjoy!

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