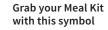


Cheesy Italian-Style Beef Quesadillas with Creamy Pesto & Cucumber Salsa

















Cucumber

Carrot



Garlic & Herb Seasoning

Tomato Paste





Beef-Style Stock Powder







Baby Spinach

Beef Mince



Grated Parmesan Cheese



Dressing

Prep in: 25-35 mins Ready in: 35-45 mins

Flavour beef mince with onion, garlic, herbs and a good glug of tomato paste, and then give it the Tex-Mex treatment by turning it into a filling for soft flour tortillas. Add the finishing touches with grated Parmesan, our creamy pesto and a refreshing and crunchy cucumber salsa.

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

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

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	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
cucumber	1	2
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
beef-style stock powder	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
mini flour tortillas	6	12
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	1 tbs	2 tbs
creamy pesto dressing	1 packet (50g)	1 packet (100g)
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^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3637kJ (869Cal)	641kJ (153Cal)
Protein (g)	43.4g	7.6g
Fat, total (g)	47.8g	8.4g
- saturated (g)	17.1g	3g
Carbohydrate (g)	61.9g	10.9g
- sugars (g)	21.1g	3.7g
Sodium (mg)	1544mg	272mg

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.
- Thinly slice red onion.
- Finely chop garlic.
- Grate carrot.
- · Roughly chop cucumber.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Make the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook beef mince, breaking it up with a spoon, until just browned, 3-4 minutes.
- · Add onion and carrot and cook, stirring, until softened. 3-4 minutes.
- Drain the oil from the pan, then add garlic, garlic & herb seasoning and tomato paste, stirring, until fragrant, 1-2 minutes.
- Add beef-style stock powder, the water, the brown sugar and the butter. Stir to combine, then simmer until slightly thickened, 2-3 minutes.



Assemble the quesadillas

- Arrange mini flour tortillas over a lined oven tray.
- Divide the **beef filling** among **tortillas** by spooning it onto one half of each tortilla. Top with grated Parmesan cheese.
- Fold the empty half of each **tortilla** over to enclose the filling, pressing down with a spatula.

Little cooks: Help assemble the quesadillas under adult supervision. Be careful, the filling is hot!



Bake the quesadillas

- Brush or spray tortillas with a drizzle of olive oil.
- Bake quesadillas until cheese is melted and tortillas are golden, 10-12 minutes.
- Spoon any overflowing filling and cheese back into the quesadillas.

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



Make the cucumber salsa

- While the quesadillas are baking, roughly chop baby spinach leaves.
- In a medium bowl, combine **cucumber**, **baby** spinach and a drizzle of balsamic vinegar and olive oil. Season to taste.



Serve up

- Divide cheesy Italian-style beef quesadillas between plates. Drizzle with creamy pesto dressing.
- · Serve with cucumber salsa. Enjoy!

Little cooks: Add the finishing touch by drizzling the pesto over the quesadillas!