

Cheesy Italian-Style Beef Quesadillas

with Creamy Pesto & Cucumber Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Carrot



Cucumber



Garlic & Herb Seasoning



Tomato Paste



Beef-Style Stock Powder



Mini Flour Tortillas



Baby Spinach Leaves



Beef Mince



Grated Parmesan Cheese



Creamy Pesto 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 · Oven tray lined with baking paper

Ingredients

	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*	¼ 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)

*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!*



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 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**.



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.



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!*



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!*

We're here to help!

Scan here if you have any questions or concerns



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