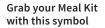


Oven-Baked Beef & Corn Quesadillas

with Tomato Salsa & Sour Cream













Beef Mince







Tomato Paste

Mini Flour Tortillas





Cheese

Coriander



Tomato Salsa

Pantry items Olive Oil

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

| 9 | | |
|----------------------------|-----------------|-----------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| beef mince | 1 small packet | 1 medium packet |
| Tex-Mex spice blend | 1 sachet | 2 sachets |
| tomato paste | 1 packet | 2 packets |
| water* | 2 tbs | 1/4 cup |
| mini flour tortillas | 6 | 12 |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| coriander | 1 bag | 1 bag |
| light sour cream | 1 medium packet | 1 large packet |
| tomato salsa | 1 medium packet | 1 large packet |
| | | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3517kJ (841Cal) | 686kJ (164Cal) |
| Protein (g) | 47.1g | 9.2g |
| Fat, total (g) | 41.7g | 8.1g |
| - saturated (g) | 17.2g | 3.4g |
| Carbohydrate (g) | 63g | 12.3g |
| - sugars (g) | 17.7g | 3.5g |
| Sodium (mg) | 1565mg | 305mg |

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 the oven to 220°C/200°C fan-forced. Grate the carrot. Drain the sweetcorn.



Cook the filling

SPICY! The spice blend is mild, but use less if you're sensitive to heat. In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook the beef mince, breaking up with a spoon, until browned, 3-4 minutes. Drain the oil from the pan, then add the Tex-Mex spice blend and tomato paste. Cook until fragrant, 1-2 minutes. Add the water, carrot and sweetcorn. Simmer until the carrot is softened, 2 minutes. Season with salt and pepper to taste.

TIP: Add a dash more water if the filling is too thick.



Assemble the quesadillas

Microwave the mini flour tortillas on a plate for 10 second bursts, until warmed through. Arrange the tortillas over a lined oven tray. Divide the beef filling among the tortillas, spooning it onto one half of each tortilla, then top with the shredded Cheddar cheese. Fold the empty half of each tortilla over to enclose the filing and press down with a spatula. Brush or spray tortillas with a drizzle of olive oil, then season.

TIP: If your tray is getting crowded, divide the quesadillas between two trays.



Bake the quesadillas

Bake the **quesadillas** until the cheese is melted and the 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.



Prep the garnish

While the quesadillas are baking, roughly chop the **coriander**.



Serve up

Divide the beef and corn quesadillas between plates. Sprinkle with the coriander. Serve with the **light sour cream** and **tomato salsa**.

Enjoy!

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