



Oven-Baked Beef & Corn Quesadillas

with Tomato Salsa & Sour Cream

Grab your Meal Kit with this symbol



Carrot



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Coriander



Light Sour Cream



Tomato Salsa

Hands-on: **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

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
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	¼ 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**.



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.



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.



Prep the garnish

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



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 **filling** 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.



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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