

# Cheesy BBQ Beef Quesadillas

with Avocado, Pickled Onion Salsa & Sour Cream

Grab your Meal Kit  
with this symbol



Garlic



Carrot



Red Onion



Sweetcorn



Beef Mince



Louisiana Spice  
Blend



Tomato Paste



Mini Flour  
Tortillas



Shredded Cheddar  
Cheese



Avocado



Sour Cream

 Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

These easy beef quesadillas are finished off in the oven — perfect for busy nights at home. Add the bold smokey BBQ flavours you know and love, plus a bright and zingy pickled onion salsa and rich sour cream and these will quickly be your new favourites.

### Pantry items

Olive Oil, White Wine Vinegar, Butter,  
Brown Sugar

## 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
garlic	2 cloves	4 cloves
carrot	1	2
red onion	1 (medium)	1 (large)
white wine vinegar*	¼ cup	½ cup
sweetcorn	½ tin	1 tin
beef mince	1 packet	1 packet
Louisiana spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
butter*	30g	60g
water*	¼ cup	½ cup
brown sugar*	pinch	pinch
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
avocado	1	2
sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4819kJ (1151Cal)	731kJ (174Cal)
Protein (g)	50.2g	7.6g
Fat, total (g)	70.3g	10.7g
- saturated (g)	35.1g	5.3g
Carbohydrate (g)	59.9g	9.1g
- sugars (g)	18.3g	2.8g
Sodium (mg)	1898mg	288mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Grate the **carrot**. Thinly slice the **red onion**. In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch 1/2 of the sliced **onion** in your hands, then add it to the **pickling liquid**. Add just enough **water** to cover the onion, then stir and set aside.



## Make the quesadillas

Arrange the **mini flour tortillas** over a lined oven tray. Divide the **beef mixture** 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) the tortillas with a drizzle of **olive oil**. Bake the **quesadillas** until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon any overflowing filling 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.



## Char the corn

Drain the **sweetcorn** (see ingredients). Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## Make the salsa

While the quesadillas are baking, drain the **pickled onion**. Slice the **avocado** in half, scoop out the flesh and roughly chop. Add the **avocado**, **pickled onion** and a drizzle of **olive oil** to the **charred corn**. Season to taste.



## Make the filling

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **carrot**, **onion** and **beef mince**, breaking up the mince with a spoon, until just browned, **4-6 minutes**. Reduce the heat to low, then add the **garlic**, **Louisiana spice blend**, **tomato paste** and the **butter** and cook until fragrant, **1 minute**. Add the **water** and a pinch of **brown sugar**, stir, then simmer until slightly thickened, **2-3 minutes**. Season to taste.



## Serve up

Divide the cheesy BBQ beef quesadillas between plates. Top with the pickled onion and avocado salsa. Serve with the **sour cream**.

## Enjoy!