



Mexican Beef & Corn Quesadillas

with Cheddar Cheese & Sour Cream

Grab your Meal Kit
with this symbol



Sweetcorn



Beef Mince



Tomato Paste



Mexican Fiesta
Spice Blend



Sour Cream



Mini Flour
Tortillas



Shredded Cheddar
Cheese



Baby Spinach
Leaves



Hands-on: **10 -15 mins**
 Ready in: **10 -15 mins**
 Spicy (Mexican
Fiesta spice blend)

Spice up your day in less than 15 minutes with these beef quesadillas. Add the bold Mexican flavours you know and love to create a mouth-watering filling that will quickly become your new favourite go-to lunch. Perfect to prep and take anywhere, or made on the spot.

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

Ingredients

	2 People
olive oil*	refer to method
sweetcorn	1 tin (125g)
beef mince	1 small packet
tomato paste	1 sachet
Mexican Fiesta spice blend	1 sachet
sour cream	1 packet (100g)
mini flour tortillas	6
shredded Cheddar cheese	1 medium packet
baby spinach leaves	1 bag (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3403kJ (813Cal)	856kJ (204Cal)
Protein (g)	46.7g	11.7g
Fat, total (g)	43.8g	11g
- saturated (g)	18.6g	4.7g
Carbohydrate (g)	53.5g	13.5g
- sugars (g)	11.2g	2.8g
Sodium (mg)	1560mg	392mg

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.

1



Cook the beef

Drain the **sweetcorn**. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **beef mince** and **sweetcorn** and cook, breaking up with a spoon, until the beef is browned, **4 minutes**.

2



Add the flavour

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. Add the **tomato paste** and **Mexican Fiesta spice blend** to the frying pan and cook until fragrant, **1 minute**. Remove from the heat, season to taste and set aside to cool.

3



Pack it up

When you're ready to pack your lunch, spread the **sour cream** over the **mini flour tortillas** and sprinkle with the **shredded Cheddar cheese**. Divide the **baby spinach leaves** and **beef mixture** between **tortillas**. Fold in half then wrap in foil or plastic wrap and refrigerate.

4



Serve up

At lunchtime, remove the wrapping and reheat in a sandwich press or for **30 seconds** bursts in the microwave until heated to your liking.

Enjoy!