



# Baked Beef & Corn Quesadillas

with Salsa & Sour Cream

Grab your Meal Kit with this symbol



Carrot



Sweetcorn



Lime



Beef Mince



Tomato Paste



Tex-Mex Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Baby Spinach Leaves



Sour Cream

 Hands-on: **30 mins**  
Ready in: **35 mins**

These easy beef quesadillas cook all at once in the oven — perfect for a family dinner. Add the bold Mexican flavours you know and love, plus a bright and zesty corn salsa and rich sour cream, and these will quickly be your new favourites.

### 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 · Two oven trays lined with baking paper

### Ingredients

	4 People
olive oil*	refer to method
carrot	2
sweetcorn	1 tin (300g)
lime	1
beef mince	1 packet
tomato paste	2 sachets
Tex-Mex spice blend	1½ sachets
water*	½ cup
mini flour tortillas	12
shredded Cheddar cheese	1 packet (100g)
tomato	2
baby spinach leaves	1 bag (60g)
sour cream	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3200kJ (766Cal)	584kJ (140Cal)
Protein (g)	43.3g	7.9g
Fat, total (g)	35.2g	6.4g
- saturated (g)	16.0g	2.9g
Carbohydrate (g)	62.7g	11.4g
- sugars (g)	15.9g	2.9g
Sodium (g)	1300mg	237mg

### Allergens

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

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



## 1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Grate the **carrot** (unpeeled). Drain the **sweetcorn**. Slice the **lime** into wedges.



## 2. Cook the mince

**SPICY!** This is a mild spice blend, but feel free to add less if you prefer. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add a **drizzle** more **olive oil**, the **tomato paste** and **1 1/2** sachets of **Tex-Mex spice blend** and cook until fragrant, **1-2 minutes**. Add the grated **carrot**, **water** and **2/3** of the **sweetcorn**. Simmer until the **carrot** has softened, **2 minutes**. Season to taste with **salt** and **pepper**.

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



## 3. Assemble the quesadillas

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second** bursts, until warmed through. Arrange the **tortillas** over two oven trays lined with baking paper. Divide the **beef mixture** among the **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**. Fold each tortilla over to enclose the filling. Brush or spray the tortillas with a **drizzle** of **olive oil** and season with **salt** and **pepper**.



## 4. Bake the quesadillas

Bake the quesadillas until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon any overflowing **bean filling** and **cheese** back into the **quesadillas**.

**TIP:** You can place a sheet of baking paper and another oven tray on top of the quesadillas if they unfold during cooking.



## 5. Make the salsa

While the quesadillas are baking, finely chop the **tomato**. Finely chop the **baby spinach leaves**. In a medium bowl, combine the **tomato**, **spinach**, remaining **sweetcorn**, a **drizzle** of **olive oil** and a **small squeeze** of **lime juice**. Season with **salt** and **pepper** and mix well.



## 6. Serve up

Cut the quesadillas in half and divide between plates. Serve with **sour cream**, tomato salsa and the remaining lime wedges.

**Enjoy!**