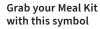


# Cheeseburger-Style Beef Quesadillas with Caramelised Onion & Charred Corn Salsa





**Pantry items** 

Olive Oil, White Wine Vinegar, Balsamic Vinegar, Brown Sugar

Go stateside tonight by adding southern American flavours to a beef filling for quesadillas with a touch of Dijon mustard, so when you close your eyes, it tastes just like a cheeseburger! Sneak some veggies into the mix, smother the lot with cheese, top it off with sticky caramelised onion and you're good to go. That's all, folks!

#### 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

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
baby spinach leaves	<b>1 bag</b> (30g)	1 bag (60g)
sweetcorn	½ tin	1 tin
red onion	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
beef mince	1 small packet	1 medium packet
Louisiana spice blend	1 sachet	2 sachets
Dijon mustard	1 packet (15g)	2 packets (30g)
tomato paste	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	<b>1 packet</b> (100g)
sesame seeds	1 sachet	1 sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	½ tbs
water*	½ tbs	1 tbs
burger sauce	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3376kJ (806Cal)	618kJ (147Cal)
Protein (g)	47.4g	8.7g
Fat, total (g)	34.8g	6.4g
- saturated (g)	12.9g	2.4g
Carbohydrate (g)	71.7g	13.1g
- sugars (g)	20.6g	3.8g
Sodium (mg)	2139mg	391mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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#### Char the corn

Preheat the oven to 220°C/200°C fan-forced. Finely chop the **garlic**. Grate the **carrot**. Roughly chop the **baby spinach leaves**. Drain the sweetcorn (see ingredients). Thinly slice the red onion. Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, 4-5 minutes. Transfer to a medium bowl. Add the **baby spinach**, a drizzle of **white wine vinegar** and olive oil to the charred corn, then toss to coat. Set aside.

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



## Bake the quesadillas

Arrange the **tortillas** over a lined oven tray. Divide the beef mixture between the mini flour tortillas, spooning it onto one half of each **tortilla**, then top with 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, sprinkle with the **sesame seeds** and season. Bake the quesadillas until the cheese has melted and the tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back toward the guesadillas.

TIP: Place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.



## Brown the beef mince

**SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Return the pan to a high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until just browned, 3-5 minutes. Add the garlic and Louisiana spice blend and cook, stirring, until fragrant, 1 minute.



## Add the veggies

Reduce the heat to medium-high, then add the carrot to the beef and cook, stirring, until softened, 3-4 minutes. Add the Dijon mustard, tomato paste and a splash of water and cook, stirring, until combined, 1-2 minutes.



#### Caramelise the onion

While the guesadillas are baking, wipe out and return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened. 5-6 minutes. Reduce the heat to medium. Add the balsamic vinegar, brown sugar and water and mix well. Cook until dark and sticky, 3-5 minutes.



## Serve up

Divide the cheeseburger-style quesadillas between plates. Top with the charred corn salsa, burger sauce and caramelised onion.

Enjoy!

