



# Cheeseburger-Style Beef Quesadillas

with Caramelised Onion & Charred Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Carrot



Baby Spinach Leaves



Sweetcorn



Red Onion



Beef Mince



Louisiana Spice Blend



Dijon Mustard



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Sesame Seeds



Burger Sauce

 Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

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!

## Pantry items

Olive Oil, White Wine Vinegar, Balsamic Vinegar, 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
baby spinach leaves	1 bag (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)	1 packet (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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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 quesadillas.

**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**.



## Caramelize the onion

While the quesadillas 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 caramelized onion.

## Enjoy!