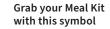
Cheesy BBQ Beef Quesadillas with Charred Corn, Pickled Onion Salsa & Sour Cream











Carrot





Sweetcorn

Red Onion







Beef Mince

Louisiana Spice Blend





Tomato Paste

Tortillas



Cheese



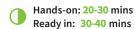
Shredded Cheddar



Tomato



Sour Cream



Pantry items

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*	1/4 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*	1/4 cup	½ cup	
brown sugar*	pinch	pinch	
mini flour tortillas	6	12	
shredded	1 packet	1 packet	
Cheddar cheese	(50g)	(100g)	
tomato	1	2	
sour cream	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4060kJ (970Cal)	658kJ (157Cal)
Protein (g)	48.6g	7.9g
Fat, total (g)	50.5g	8.2g
- saturated (g)	30.7g	5g
Carbohydrate (g)	61.4g	10g
- sugars (g)	19.5g	3.2g
Sodium (mg)	1896mg	307mg

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.



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.



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 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.



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.



Make the salsa

While the quesadillas are baking, drain the **pickled onion**. Roughly chop the **tomato**. Add the **tomato**, **pickled onion** and a drizzle of **olive oil** to the **charred corn**. Season to taste.



Serve up

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

Enjoy!