



Beef Chilli Quesadillas

with a Tomato and Baby Gem Salad

Calorie Smart 25 Minutes • Under 600 Calories • Medium Spice • 1 of your 5 a day

26



Baby Plum Tomatoes



Baby Gem Lettuce



Cheddar Cheese



Garlic Cloves



Kidney Beans



Beef Mince



Tomato Puree



Chipotle Paste



Beef Stock Powder



Wholemeal Tortilla

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Grater. Garlic Press, Colander, Measuring Jug, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	2	2
Cheddar Cheese 7)**	60g	90g	120g
Garlic Cloves**	2	3	4
Kidney Beans	½ carton	¾ carton	1 carton
Beef Mince**	120g	180g	240g
Tomato Puree	1 sachet	1 sachet	2 sachets
Chipotle Paste	1 sachet	1½ sachet	2 sachets
Water*	75ml	100ml	150ml
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Wholewheat Tortilla 13)	4	6	8

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	372g	100g
Energy (kJ/kcal)	2497 /597	61 /14
Fat (g)	25	1
Sat. Fat (g)	11	0
Carbohydrate (g)	53	1
Sugars (g)	8	0
Protein (g)	33	1
Salt (g)	3.34	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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You can recycle me!



Prep Time

Preheat your oven to 200°C. Halve the **baby plum tomatoes**. Trim the root from the **baby gem lettuce** then separate the leaves and keep to one side. Pop the **tomatoes** in a bowl, drizzle with **oil** and season with **salt and pepper**. Set aside. Grate the **cheese**. Peel and grate the **garlic** (or use a **garlic press**).



Assemble the Quesadillas

Taste the **beef** and add **salt and pepper** if you feel it needs it. Lay your **tortillas** on a board (2 per person). Divide the **beef mixture** equally between them, spooning it onto 1 half of each **tortilla** only. Sprinkle over the **cheese**, and then fold the other side over so you have a semi circle. Press down firmly to keep together. Transfer to a lightly oiled baking tray. **Tip:** Use two baking trays if necessary. Drizzle over a little **oil** and bake on the middle shelf of your oven until golden, 7-8 mins.



Cook the Beef

Drain and rinse the **kidney beans** in a colander (see ingredients for amount.) Pop into a bowl and roughly mash with the back of a fork or a potato masher. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **beef mince** and a pinch of **salt and pepper**. Fry until browned, 5-6 mins, breaking it up with a wooden spoon as it cooks. **TIP:** Drain and discard any excess fat from the beef. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Toss the salad

Meanwhile add the **baby gem leaves** to the **tomatoes** and toss to coat.



Stir in the Spice

Once the **mince** is browned, add the **garlic, tomato puree, crushed kidney beans** and **chipotle paste** (add less if you don't like heat). Stir and cook for 1 minute. Pour in the **water** (see ingredients for amount), add the **beef stock** and bring to the boil. Simmer, stirring frequently until the **mixture** has thickened, 2-3 mins.



Serve

Serve the **quesadillas** on plates with the **salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.