



Cheesy Chilli Beef Quesadillas Dinner to Mexican Beef and Herby Rice Lunch

33

Dinner to Lunch 45 Minutes • Medium Spice • 4 of your 5 a day

Dinner



Lunch



Beef Mince



Bell Pepper



Carrot



Lime



Mexican Style Spice Mix



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



Beef Stock Paste



Cucumber



Coriander



Super Soft Tortilla with Whole Wheat



Cheddar Cheese



Soured Cream



Steamed Basmati Rice

Before you start Cooking tools, you will need:

Frying Pan, Grater, Zester, Bowl, Baking Tray.

Ingredients

	2P	3P	4P
Beef Mince**	480g	600g	720g
Bell Pepper***	1	2	2
Carrot**	1	1	2
Lime**	1	1	1
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree**	1 sachet	1 sachet	1½ sachets
Finely Chopped Tomatoes with Onion and Garlic**	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Water*	100ml	150ml	200ml
Cucumber**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Super Soft Tortilla with Whole Wheat 13	4	6	8
Cheddar Cheese** 7	60g	90g	90g
Soured Cream** 7	75g	120g	150g
Steamed Basmati Rice	1	1	1

*Not Included ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	3080/738	553/132
Fat (g)	38	7
Sat. Fat (g)	19	3
Carbohydrate (g)	60	11
Sugars (g)	14	2
Protein (g)	40	7
Salt (g)	2.21	0.40

Lunch	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	2418/579	539/129
Fat (g)	26	6
Sat. Fat (g)	12	3
Carbohydrate (g)	49	11
Sugars (g)	9	2
Protein (g)	35	8
Salt (g)	1.57	0.35

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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Prep Time

Preheat your oven to 200°C. Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **beef mince** and cook until browned, 3-4 mins. Break the **mince** up with a spoon as it cooks. Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm pieces. Trim and coarsely grate the **carrot** (no need to peel). Zest the **lime**, then cut into **wedges**.



Assemble the Quesadillas

Lightly **oil** a large baking tray. Lay 1 **tortilla** per person onto the baking tray (use 2 trays if necessary). Reserve **2 portions** of the **beef chilli** for lunch, set aside and allow to cool. Share the remaining **chilli** between the **tortillas** on the baking tray. Grate over **half** the **Cheddar cheese** and top with another **tortilla**. Press the **tortillas** together gently, then brush the tops with **oil**. Bake until the **cheese** has melted and the **quesadillas** are golden, 5-8 mins.



Make your Chilli

Once the **beef** has browned, add the **pepper** and **carrot**. Cook, stirring, until softened, 2-3 mins. Stir in the **Mexican style spice mix** and cook until fragrant, 1 min. Reduce the heat to medium, then add the **tomato puree**, **chopped tomatoes**, **beef stock paste** and **water for the sauce** (see ingredients for amount). Season with **salt** and **pepper**, stir to combine and simmer until slightly thickened, 10-12 mins.



Serve your Dinner

Carefully cut the **quesadillas** into quarters and divide between your plates. Top with a dollop of **soured cream** and serve with the **cucumber salad**. Dinner is ready.

Enjoy!



Make the Salad

While the **chilli** simmers, trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Roughly chop the **coriander** (stalks and all). Transfer the **cucumber chunks** to a medium bowl with a pinch of **salt** and **pepper**, a drizzle of **oil** and a squeeze of **lime juice**. Stir in **half** of the **coriander** then set aside.



Make your Lunch

When you're ready to pack lunch, mix together the **steamed basmati rice** (no need to heat it), **lime zest**, the remaining **coriander** and a pinch of **salt** in a bowl. Share it out between 2 containers. Top with the **chilli** you reserved earlier, a **lime wedge** and grate on the remaining **Cheddar cheese**. Refrigerate. Enjoy it cold for lunch or, alternatively, remove the **lime wedge** and heat up in a microwave until piping hot. Add **lime juice** to taste.

Enjoy!