



Mexican Style Beef Quesadillas

with Feta Baked Wedges, Refried Beans, Zesty Soured Cream and Guac

Street Food 45 Minutes • Little Spice • 2 of your 5 a day

34



Potatoes



Cheddar Cheese



Feta Cheese



Black Beans



Beef Mince



Mexican Style Spice Mix



Chipotle Paste



Finely Chopped Tomatoes with Onion and Garlic



Tomato Puree



Chicken Stock Paste



Lime



Avocado



Soured Cream



Super Soft Tortilla with Whole Wheat

Before you start

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

Cooking tools, you will need:

Grater, Sieve, Baking Tray, Frying Pan, Saucepan, Zester, Spoon and Bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Cheddar Cheese**	60g	90g	120g
Feta Cheese** 7)	100g	150g	200g
Black Beans	1 carton	1 ½ cartons	2 cartons
Beef Mince**	240g	360g	480g
Mexican Style Spice Mix	1 pot	1 pot	1 pot
Chipotle Paste	1 sachet	1 ½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1 ½ cartons	2 cartons
Tomato Puree	1 sachet	1 ½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Water*	75ml	100l	150ml
Lime**	1	1	1
Avocado**	1	1½	2
Soured Cream** 7)	150g	225g	300g
Super Soft Tortilla with Whole Wheat 13)	4	6	8

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	1046g	100g
Energy (kJ/kcal)	6143/1468	588/140
Fat (g)	80	8
Sat. Fat (g)	39	4
Carbohydrate (g)	121	12
Sugars (g)	18	2
Protein (g)	66	6
Salt (g)	6.11	0.59

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.

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Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Grate the **cheddar cheese**. Break up the **feta** into chunks. Drain and rinse the **black beans** in a sieve. Pop the **wedges** onto a large baking tray. Drizzle with oil, season with salt and pepper then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*. Roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



Guac Time

Zest and halve the **lime**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl. Add **half the lime juice** and a pinch of **salt** and **pepper** then mash together. Put the **soured cream** in another bowl and add the **lime zest** and a pinch of **salt** and **pepper**. Mix together and set both of them aside.



Cook the Beef

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 spoon as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle*. Once browned, drain and discard any excess fat. Add **half the Mexican style spice mix** and **half the chipotle paste** (add less if you don't like heat). Stir and cook for 1 min. Pour in the **chopped tomatoes** and bring to the boil. Simmer, stirring frequently until the **liquid** has evaporated and the **mixture** has thickened.



Bake 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** equally between them, spooning it onto 1 **half** of each **tortilla** only. Sprinkle over the **cheese**. Dampen the edges of the **tortilla** and then fold the other side over so you have a semi circle. Press down firmly to keep together. Transfer to 1 or 2 lightly oiled baking trays. Drizzle over a little **oil** and bake on the middle shelf of your oven until golden, 8-12 mins.



Refried Beans

Meanwhile, heat a drizzle of **oil** in a saucepan on medium-high heat. Add the remaining **Mexican style spice mix** and **tomato puree**, stir and cook for 1 min, then add **half the black beans**. Mash them with a masher until broken up, then add the remaining **whole beans**, **chicken stock paste**, **water** (see ingredients for amount) and remaining **chipotle paste** (add less if you don't like heat). Bring to the boil and simmer until reduced and thickened, 5-6 mins. Stir occasionally.



Finish and Serve

Once the **wedges** are cooked, sprinkle over the **feta**. Pop them back in the oven to bake until the **feta** has slightly browned, 5-6 mins. Reheat the **quesadillas** on the table with a bowl of **feta wedges**, **refried beans**, **zesty soured cream**, **guacamole** and any leftover **lime**.

Enjoy!