

Crispy Beef Quesadillas

with Tomato Salsa

Reheat the leftovers for lunch!

Cals 1011 • Prot 65 • Carbs 68 • Fat 54

hellochef.com • 04-383-93-99 • hello@hellochef.com



🕒 cook: 30 min

R2596

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Filling	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Vegetable oil	1	1	2	Tbsp
Taco seasoning	10	15	20	Grams
Brown sugar	5	5	10	Grams
Tomato paste	50	70	70	Grams
Sour cream 4*	60	90	120	Grams
Salt	0.5	0.5	1	Tsp
Salsa				
Tomatoes	1	2	2	Piece
Cucumber	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Salt	0.5	0.5	1	Tsp
For quesadillas				
8" tortilla wraps 10*, 11*	4	6	8	Piece
Grated orange cheddar 4*	60	90	120	Grams
Grated cheddar 4*	60	90	120	Grams
Vegetable oil	1	1	2	Tbsp

Allergens

*4 Milk, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4227 / 1011
Fat (g)	54.1
of which saturates (g)	32.1
Carbohydrate (g)	68
of which sugars (g)	10.1
Fiber (g)	4.4
Protein (g)	65.4
Salt (g)	5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make filling

Heat a large pan over a high heat with a drizzle of **oil**. Once hot, fry the **beef mince** for 5 min or until browned. Add the **taco seasoning (spicy!)**, **brown sugar** and **tomato paste** and cook for 2 min. Transfer the mix to a bowl, wipe and reserve the pan.

Tip! If cooking for kids, reserve a portion of the beef mince before adding the taco seasoning.



2 Make salsa

Meanwhile, roughly chop the **tomatoes** and **cucumber** into chunks. Finely chop the **coriander** (stalks included). In a bowl, combine the **tomatoes**, **coriander** and the **cucumber** with a squeeze of **lime** juice and a pinch of **salt**. Set aside.

Tip! If cooking for kids, reserve a portion of the chopped tomatoes and cucumbers before adding the coriander and lime juice.



3 Assemble quesadillas

Place half of the **tortilla wraps** on a board. Divide the warm **beef filling** between the **wraps** and spread it out in an even layer. Sprinkle with the **cheese**, top with the remaining **tortilla wraps** and press down firmly - these are your **quesadillas**.

Tip! If cooking for kids, reserve a portion of the tortillas and cheese for step 5.



4 Fry quesadillas

Return the reserved pan to a medium heat with a drizzle of **oil**. Once hot, place one **quesadilla** at a time into the pan and cook for 2 min while pressing down with a spatula. Flip and cook for 2 min further. Repeat this process with the remaining **quesadillas**.

Tip! Too scared to flip the quesadillas with a spatula? Cover the pan with a large plate, grip the plate firmly, flip the pan 180' and slide the quesadillas back into the pan.



5 Serve

Slice the **quesadillas** into triangles and serve with the **tomato salsa** and **sour cream** on the side.

Tip! If cooking for kids, let them build their own quesadillas by serving the reserved beef mince, plain tomatoes and cucumber, cheese, sour cream, tortillas and lime separately.