



Beef and Bean Baked Quesadillas

with melted cheese and zesty creme fraiche

Family 30-35 mins

5



Beef Mince



Tortilla



Mexican Style Spice Mix



Dried Chilli Flakes



Lime



Grated Cheese



Creme Fraiche



Passata



Black Beans



Salad Leaves



Red Wine Vinegar



Pumpkin Seeds

Pantry Items: Oil, Salt, Pepper, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, sieve, zester

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Tortilla	8 units	16 units
Mexican Style Spice Mix	2 sachets	4 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Lime	1 unit	2 units
Grated Cheese	50 g	100 g
Creme Fraiche	110 g	220 g
Passata	1 pack	2 packs
Black Beans	1 pack	2 packs
Salad Leaves	120 g	240 g
Red Wine Vinegar	1 sachet	2 sachets
Pumpkin Seeds	20 g	40 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	717.5 g	100 g
Energy (kJ/kcal)	4747 kJ/ 1135 kcal	662 kJ/ 158 kcal
Fat (g)	56.7 g	7.9 g
Sat. Fat (g)	28.7 g	4 g
Carbohydrate (g)	85.6 g	11.9 g
Sugars (g)	10.3 g	1.4 g
Protein (g)	56.6 g	7.9 g
Salt (g)	3.6 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Get Prepped

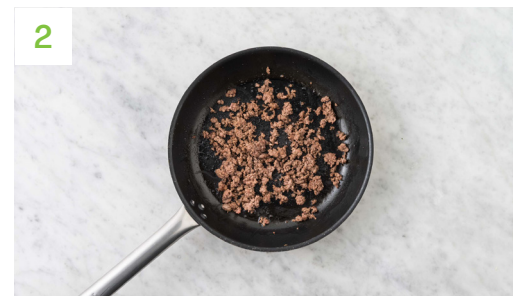
- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Zest and quarter the **lime**.
- Drain and rinse the **black beans** in a sieve. Mash with a fork.
- Mix the **creme fraiche** together with the **lime** zest in a small bowl. Season to taste with **salt** and **pepper**.



Toast the Tortillas

- Lay the **tortillas** onto a lined baking tray and spoon the **beef mince** filling over **one-half** of each.
- Sprinkle the **cheese** over the top.
- Fold the other side over to make a semi-circle, pressing down firmly to ensure it adheres.
- Drizzle a little **oil** over each and bake on the middle shelf of your oven until golden, 8-12 mins.

TIP: Keep an eye on them so they don't burn.



Cook the Mince

- Place a pan over medium-high heat (without oil).
- Once hot, fry the **beef mince** until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Use a spoon to break it up as it cooks. Season with **salt** and **pepper**.



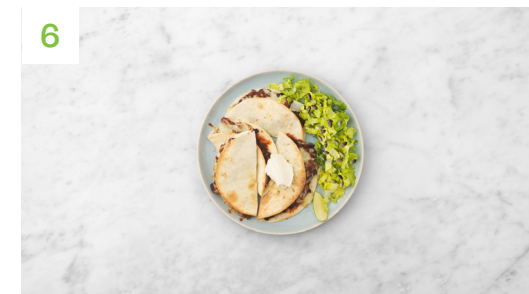
Dress the Salad

- Trim the **salad leaves** and roughly chop widthways.
- In a bowl, mix together the **vinegar**, 1 tbsp **oil**, ¼ tsp **sugar** (double for 4p), **salt** and **pepper**.
- Just before serving, toss the chopped **salad leaves** and **pumpkin seeds** through the dressing.



Spice It Up

- Add the **Mexican spice** to the **mince** along with the **chilli flakes** (use less if you don't like spice—or if you're cooking for kids).
- Fry until fragrant, 1 min, then stir in the **passata** and crushed **black beans**.
- Simmer until thickened and slightly sticky, 4-6 mins.
- Stir through the juice of two **lime** wedges (double for 4p).
- Season to taste with **salt**, **pepper** and **sugar**.



Finish and Serve

- When everything is ready, serve the baked **beef** quesadillas with the dressed **salad leaves** alongside.
- Finish with a dollop of the zesty **creme fraiche**.
- Serve remaining **lime** wedges alongside for squeezing over.

Enjoy!