



# Beef and Beany Quesadillas with Pepper and Baby Leaf Salad

27

Calorie Smart 25-30 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Bell Pepper



Medium Tomato



Mature Cheddar  
Cheese



Garlic Clove



Red Kidney Beans



Beef Mince



Tomato Puree



Mexican Style  
Spice Mix



Beef Stock  
Paste



Super Soft Tortilla  
with Whole Wheat



Premium Baby  
Leaf Mix

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Bowl, grater, garlic press, sieve, frying pan, baking tray and baking paper.

## Ingredients

| Ingredients                              | 2P        | 3P        | 4P        |
|--|-----------|-----------|-----------|
| Bell Pepper***                           | 1         | 2         | 2         |
| Medium Tomato                            | 2         | 3         | 4         |
| Mature Cheddar Cheese** 7)               | 45g       | 60g       | 90g       |
| Garlic Clove**                           | 2         | 3         | 4         |
| Red Kidney Beans                         | ½ carton  | ¾ carton  | 1 carton  |
| Beef Mince**                             | 120g      | 180g      | 240g      |
| Tomato Puree                             | 30g       | 30g       | 60g       |
| Mexican Style Spice Mix                  | 1 sachet  | 2 sachets | 2 sachets |
| Beef Stock Paste                         | 10g       | 15g       | 20g       |
| Super Soft Tortilla with Whole Wheat 13) | 4         | 6         | 8         |
| Premium Baby Leaf Mix**                  | 50g       | 100g      | 100g      |
| <b>Pantry</b>                            | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| Sugar*                                   | ½ tsp     | ¾ tsp     | 1 tsp     |
| Water for the Beef*                      | 75ml      | 100ml     | 150ml     |

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

## Nutrition

| Typical Values          | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 436g        | 100g     |
| Energy (kJ/kcal)        | 2358 /564   | 541 /129 |
| Fat (g)                 | 23.9        | 5.5      |
| Sat. Fat (g)            | 10.2        | 2.3      |
| Carbohydrate (g)        | 52.6        | 12.1     |
| Sugars (g)              | 12.1        | 2.8      |
| Protein (g)             | 32.3        | 7.4      |
| Salt (g)                | 2.88        | 0.66     |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

**Points™ values based on low-cal cooking spray oil.**

## Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

Cut the **tomatoes** into 1cm pieces. Pop them into a bowl, drizzle with **olive oil** and season with **salt** and **pepper**. Set aside.

Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press).



## Assemble your Quesadillas

Lay the **tortilla** (2 per person) onto a lightly oiled baking tray and spoon the **filling** onto **one half** of each one. Top with the **cheese**.

Fold over the other side to make a semi-circle.

Press down to keep together. **TIP:** Use two trays if necessary. Rub a little **oil** over the top of each one.

Bake on the top shelf until golden, 8-12 mins.



## Bring on the Beef

Drain and rinse the **kidney beans** in a sieve (see ingredients for amount, but use them all if you like **beans!**). Pop them into a bowl and roughly mash with the back of a fork.

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **beef mince** and **bell pepper**, then season with **salt** and **pepper**.

Fry until the **mince** is browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



## Salad Time

Just before you're ready to serve, add the **baby leaf salad** to the **tomatoes** and toss together.



## Spice Things Up

Once the **mince** is browned, stir in the **garlic**, **tomato puree** and **Mexican style spice mix**. Fry for 1 min.

Add the **crushed kidney beans**, **beef stock paste**, **sugar** and **water for the beef** (see pantry for both amounts), then bring to the boil.

Simmer, stirring frequently, until thickened, 2-3 mins. Taste and add **salt** and **pepper** if needed.



## Serve

When everything's ready, transfer your **beef and bean quesadillas** to your plates.

Serve with the **salad** alongside.

## Enjoy!

