



Cheesy Beef Quesadillas

with Lime-Dressed Mango Salad

Spicy

35 Minutes



Ground Beef



Flour Tortillas, 6-inch



Monterey Jack
Cheese, shredded



Lime



Mexican Seasoning



Poblano Pepper,
chopped



Baby Spinach



Red Onion, chopped



Garlic Puree



Sour Cream



Mango, chopped



Roma Tomato

HELLO MEXICAN SEASONING

Smoky, sweet and spicy combined for the perfect Tex Mex flavour!

Start here

Before starting, wash and dry all produce.

Bust out

Zester, large bowl, small bowl, whisk, large non-stick pan, measuring spoons, medium bowl

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Flour Tortillas, 6-inch	6	12
Monterey Jack Cheese, shredded	½ cup	1 cup
Lime	1	1
Mexican Seasoning	1 tbsp	2 tbsp
Poblano Pepper,  chopped	113 g	227 g
Baby Spinach	56 g	113 g
Red Onion, chopped	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Sour Cream	6 tbsp	12 tbsp
Mango, chopped	170 g	340 g
Roma Tomato	80 g	160 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Zest, then juice **half the lime** (whole lime for 4 ppl). Cut any **remaining lime** into wedges. Cut **tomato** into ½-inch pieces.



2 Mix sour cream and marinate mango

Add **sour cream** and **½ tsp Mexican Seasoning** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside. Whisk together **1 tbsp oil**, **½ tsp lime juice**, **¼ tsp lime zest** and **¼ tsp sugar** (dbl all for 4 ppl) in a large bowl. Add **mango** and **tomatoes**. Season with **salt** and **pepper**, then toss to combine. Set aside.



3 Cook filling

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef, garlic puree, onions** and **poblanos**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **** Carefully drain and discard excess fat.** Add **remaining Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min. Transfer **beef filling** to a medium bowl. Set aside. Carefully wipe the pan clean.



4 Cook quesadillas

Arrange **tortillas** on a clean surface. Divide **beef filling** over one side **each tortilla**. Sprinkle with **cheese**. Fold the other side of **tortillas** in half over **filling**. Heat the same pan over medium. When hot, add **½ tbsp oil**, then **3 quesadillas**. Cook until golden-brown, 1-2 min per side. Repeat with **remaining quesadillas**.



5 Finish mango salad

While **quesadillas** cook, add **spinach** to the large bowl with **mango, tomatoes** and **dressing**. Toss to combine.



6 Finish and serve

Cut **quesadillas** into wedges. Divide **quesadillas** between plates. Dollop **spiced sour cream** over top. Serve **mango salad** alongside. Squeeze over a **lime wedge**, if desired.

Dinner Solved!