



BEEF QUESADILLAS

WITH SALAD & SOUR CREAM

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 30 minutes

These moreish beef quesadillas are loaded with flavoursome mince, beans and cheese, then cooked until the outsides are crisp and golden. Top with a generous dollop of sour cream!



QUESADILLAS

- ☐ 3 tsp olive oil, divided
- ☐ 500g prime beef mince (1lb 2oz)
- ☐ 1 beef stock cube
- ☐ 1 tsp garlic powder
- ☐ 1 tsp dried oregano
- ☐ 1 tsp ground cumin
- ☐ 1 tsp smoked paprika
- ☐ 1 Tbsp tomato paste
- ☐ 400g can mild chilli beans (14oz)
- ☐ 50g baby spinach (1.8oz)
- ☐ 6 flour tortillas (approximately 240g)

- ☐ 1 1/3 cups grated cheddar cheese (133g)

TO SERVE

- ☐ 1/2 small wombok
- ☐ 1 large tomato
- ☐ 2 spring onions
- ☐ 1 lime *optional*
- ☐ 1/4 cup plain, unsweetened yoghurt (60ml)
- ☐ 1/4 cup lite sour cream (60ml)

1. MAKE QUESADILLA FILLING

Heat 1 teaspoon oil in a large pot on medium-high. Add beef mince, breaking up with a wooden spoon until browned all over. Crumble in stock cube, then add garlic powder, oregano, cumin and paprika. Cook for 2 minutes. Stir in tomato paste, followed by chilli beans and spinach. Reduce heat to medium and simmer for 5 minutes.

2. PREPARE SERVING INGREDIENTS

Meanwhile, shred wombok, dice tomato into small cubes and finely slice spring onions. Slice lime into wedges, if using. Whisk together yoghurt and sour cream, then season to taste with a little salt and pepper.

3. ASSEMBLE AND COOK QUESADILLAS

Warm tortillas for 20 seconds in the microwave. Spread mince mixture onto one half of each tortilla, leaving a small border around the edge. Sprinkle cheese over the top. Fold remaining half of the tortilla over to enclose.

4. Heat 1 teaspoon oil in a large frying pan on medium-high. Cook quesadillas for 1-2 minutes each side, gently pressing down, until golden brown. You will need to do this in batches (add more oil as required). Get two frying pans on the go if you want to do this more quickly!

5. SERVE

Cut quesadillas in half and serve topped with wombok, tomatoes, spring onion and a generous dollop of sour cream. Add lime wedges on the side, if desired.



WINE MATCH: Go for a Merlot.

BEEF QUESADILLAS RECIPE NOTES

GLUTEN-FREE OPTION: Ensure stock cube and chilli beans are gluten-free. Choose your favourite gluten-free tortillas.

INGREDIENT SWAPS / NOTES: If you like spicier meals, use medium or hot chilli beans. Wholegrain tortillas are a good, more nutritious option. Use all sour cream instead of mixing with yoghurt, if you prefer.

COOKING ALTERNATIVES: You could bake the quesadillas in the oven if you prefer. Brush oil over the formed quesadillas and cook at 190°C fan bake for 5-10 minutes. You won't get the same golden exterior this way though! A toasted sandwich press also works well.

STORING AND REHEATING: You can skip the frying pan stage for any quesadillas you plan on having as leftovers. Fill the tortillas and refrigerate until you are ready to eat them. Microwave for 1 minute to warm though, then quickly pan fry or toast in a sandwich press. Store serving ingredients separately.