



SuperQuick Turkey Crunch Quesadillas

with Creamy Guacamole

15 Minutes

↗ Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

↻ Swap	↻ Swap
Ground Beef 250 g 500 g	Beyond Meat® 2 4



Ground Turkey 250 g 500 g	Flour Tortillas 6 12
Tortilla Chips 85 g 170 g	Sour Cream 1 2
Corn Kernels 113 g 227 g	Mexican Seasoning 1 tbsp 2 tbsp
Cheddar Cheese, shredded 1 cup 2 cup	Guacamole 3 tbsp 6 tbsp
Tex-Mex Paste 1 tbsp 2 tbsp	

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, silicone brush, small bowl

1



Cook filling

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **turkey**, **Tex-Mex paste**, **Mexican Seasoning** and **corn**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**.

4



Finish and serve

- Stir together **sour cream** and **guacamole** in a small bowl.
- Divide **turkey crunch quesadillas** between plates.
- Serve **remaining tortilla chips** and **creamy guacamole** on the side for dipping.

2



Assemble quesadillas

- On a clean surface, arrange **tortillas**.
- Add **turkey mixture** on one side of **each tortilla**. Top with **tortilla chips** (about 3-4 chips per tortilla), then sprinkle **cheese** over top.
- Fold **each tortilla** over onto itself and firmly press to close.
- Arrange **quesadillas** on a foil-lined baking sheet.

3



Broil quesadillas

- Brush **quesadillas** with **1 tbsp** (2 **tbsp**) **oil**.
- Broil in the **middle** of the oven, flipping halfway through cooking, until golden-brown and **cheese** has melted, 2-3 min per side.

Measurements
within steps

1 tbsp (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Cook ground beef filling

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey****

1 | Cook Beyond Meat® filling

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**

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