



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](https://www.hellofresh.ca)

 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
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 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 cups	 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

- Arrange **tortillas** on a foil-lined baking sheet.
- 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.

3



Broil quesadillas

- Brush **quesadillas** with **1 tbsp** (2 **tbsp**) **oil**.
- Broil in the **middle** of the oven, flipping halfway through, 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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Cook filling

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, omit **oil**, then add **beef** to the dry pan with **seasonings** and **corn**. Cook **beef** 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 for 5-6 min, in the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy.**

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