



# Quesadillas

## Mince Recipe

### ingredients

- 500g Beef, Chicken or Pork Mince
- 1 tbsp olive oil
- 2 carrots grated
- 300g corn kernals, drained
- Taco seasoning (low salt)
- 2 tbsp tomato paste
- 2/3 cup water
- 1 cup grated cheese
- 12 mini tortillas

### method

1. Pre-heat the oven to 180C fan forced.
2. Line two baking trays with baking paper
3. Heat a fry pan and add in the olive oil
4. Cook the mince in the pan, breaking up the lumps with a wooden spoon 5-7mins.
5. Add to the pan the grated carrot and corn kernals, stir to mix, cook for 2-3mins.
6. Add the taco seasoning, tomato paste and water to the mince mixture, stir and cook for 5mins or until water is absorbed.
7. Lay six mini tortillas on the two baking trays, divide mince mixture up and spoon on top of the tortilla
8. Divide the grated cheese on top of the mince mixture.
9. Top wit the remaining 6 mini tortillas and bake in the oven for 10mins or until cheese melted.

**Makes 12 quesadillas, serve with a side salad or vegetables**