



Ultimate Mexican Beef Quesadilla Feast

with Feta Baked Wedges, Refried Beans, Limey Soured Cream and Guac

N° 18

STREET FOOD

45 Minutes • Medium Heat • 2 of your 5 a day



Potato



Cheddar Cheese



Feta Cheese



Black Beans



Beef Mince



Mexican Spice



Chipotle Paste



Finely Chopped Tomatoes with Onion and Garlic



Tomato Puree



Chicken Stock Powder



Lime



Avocado



Soured Cream



Wholemeal Tortilla

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Coarse Grater, Colander, Two baking Trays, Frying Pan, Saucepan, Potato Masher and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Black Beans	1 carton	1½ cartons	2 cartons
Beef Mince**	240g	360g	480g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Chipotle Paste	1	1½	2
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Beans*	75ml	100ml	150ml
Lime**	1	1	1
Avocado**	1	1½	2
Soured Cream 7)**	150g	225g	300g
Wholemeal Tortilla 13)	4	6	8

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1037g	100g
Energy (kJ/kcal)	6259/1496	603/144
Fat (g)	81	8
Sat. Fat (g)	38	4
Carbohydrate (g)	113	11
Sugars (g)	19	2
Protein (g)	68	7
Salt (g)	7.41	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Grate the **cheddar cheese**. Break up the **feta** into chunks. Drain and rinse the **black beans** in a colander. Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Guacamole Time

Zest and halve the **lime**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each **half** and pull it apart. Remove the stone then scoop out the flesh into a bowl. Add **half** the **lime juice** and a pinch of **salt** and **pepper**. Mash. Put the **soured cream** in another bowl and add the **lime zest** and a pinch of **salt** and **pepper**. Mix together and set both of them aside.



2. Beef Time!

Heat a drizzle of oil in a frying pan on medium-high heat. Once hot, add the **beef mince** and a pinch of **salt** and **pepper**. Fry until browned, 5-6 mins, breaking it up with a wooden spoon as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Once browned, add **half** the **Mexican spice** and **half** the **chipotle paste** (add less if you don't like heat). Stir and cook for 1 minute. Pour in the **chopped tomatoes** and bring to the boil. Simmer, stirring frequently until the liquid has evaporated and the **mixture** is thick and tomatoey.



5. Bake!

Taste the **beef** and add **salt** and **pepper** if you feel it needs it. Lay your **tortillas** on a board (2 per person). Divide the **beef** equally between them, spooning it onto 1 half of each **tortilla** only. Sprinkle over the **cheese**. Dampen the edges of the **tortilla** and then fold the other side over so you have a semi circle. Press down firmly to keep together. Transfer to 1 or 2 lightly oiled baking trays. Drizzle over a little oil and bake on the middle shelf of your oven until golden, 8-12 mins.



3. Refried Beans

Meanwhile, heat a drizzle of **oil** in a saucepan on medium-high heat. Add the remaining **Mexican spice** and **tomato puree**, stir and cook for 1 minute, then add **half** the **blackbeans**. Mash them with a masher until broken up, then add the remaining **whole beans**, **chicken stock powder**, **water** (see ingredient list for amount) and remaining **chipotle paste** (add less if you don't like heat). Bring to the boil and simmer until reduced and thickened, 5-6 mins. Stir occasionally.



6. Finish and Serve

Once the **wedges** are cooked, sprinkle over the **feta**. Pop them back in the oven to bake until the **feta** has slightly browned, 5-6 mins. Reheat the **quesadillas** on the table with a bowl of **feta wedges**, **refried beans**, **limey soured cream**, **guacamole** and any leftover **lime**.

Enjoy!