



Spiced BBQ Pork Quesadillas with Pepper, Cheese and Rocket

Family 20 Minutes • Mild Spice • 1 of your 5 a day

3



Bell Pepper



Pork Mince



Garlic Clove



Mature Cheddar
Cheese



Tomato Puree



Central American
Style Spice Mix



BBQ Sauce



Plain Taco Tortilla



Rocket



Beef Mince

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, garlic press, grater, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	40g	60g	80g
Tomato Puree	30g	60g	60g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
BBQ Sauce	32g	48g	64g
Plain Taco Tortilla 13)	6	9	12
Rocket**	20g	40g	40g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	371g	100g	371g	100g
Energy (kJ/kcal)	3727 /891	1004 /240	3501 /837	943 /225
Fat (g)	50.9	13.7	44.3	11.9
Sat. Fat (g)	17.0	4.6	15.7	4.2
Carbohydrate (g)	68.2	18.4	68.0	18.3
Sugars (g)	11.6	3.1	11.4	3.1
Protein (g)	38.5	10.4	41.7	11.2
Salt (g)	2.45	0.66	2.5	0.67

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Mince and Pepper

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **bell pepper** and discard the core and seeds. Chop into small 1cm chunks.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince** and **pepper chunks**. Fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Quick Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Grate the **Cheddar cheese**.
- Once the **pork** is cooked, drain and discard any excess fat, then season with **salt** and **pepper**. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



Spice Things Up

- Add the **garlic**, **tomato puree**, **Central American style spice mix** and **water for the sauce** (see pantry for amount) to the **mince**. Cook, stirring to combine, for 1 min.
- Stir the **BBQ sauce** into the pan.
- Season with **salt** and **pepper**, then remove from the heat.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Make your Quesadillas

- Lay the **tortillas** (3 per person) onto a lightly oiled baking tray. **TIP:** Use two baking trays if necessary.
- Spoon the **pork filling** onto one half of each **tortilla** and top with the **cheese**.
- Fold the other side over to make a semi-circle. Press down to keep together.



Ready, Steady, Bake

- Rub each **quesadilla** with a little **oil**, then bake on the top shelf of your oven until golden, 8-12 mins.
- While the **quesadillas** bake, in a medium bowl, combine **salt**, **pepper** and the **olive oil for the dressing** (see pantry for amount).
- Just before the **quesadillas** are ready, toss the **rocket** through the **dressing**.



Finish and Serve

- Once ready, transfer the **quesadillas** to your plates.
- Serve the **rocket** on the side.
- Dollop some **mayo** (see pantry for amount) onto your plates for dipping.

Enjoy!