



# Spiced BBQ Pork Quesadillas with Pepper, Cheese and Rocket

**Quick** 20 Minutes • Mild Spice • 1 of your 5 a day

14



Bell Pepper



Pork Mince



Garlic Clove



Mature Cheddar  
Cheese



Tomato Puree



Central American  
Style Spice Mix



BBQ Sauce



Plain Taco  
Tortilla



Wild Rocket



Beef Mince

### Pantry Items

Oil, Salt, Pepper, 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. Ingredients in red are hot!

## Cooking tools

Frying pan, garlic press, grater and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	30g	40g	60g
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
Wild Rocket**	20g	40g	40g
Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	2 tbsp	3 tbsp	4 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	362g	100g	362g	100g
Energy (kJ/kcal)	3489 / 834	963 / 230	3263 / 780	901 / 215
Fat (g)	45.2	12.5	38.6	10.6
Sat. Fat (g)	15.3	4.2	14.0	3.9
Carbohydrate (g)	68.2	18.8	68.0	18.8
Sugars (g)	11.6	3.2	11.3	3.1
Protein (g)	37.2	10.3	40.5	11.2
Salt (g)	2.36	0.65	2.41	0.66

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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## Time to Fry

- 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.

## 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.



## Quick Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Grate the **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.



## Ready, Steady, Bake

- Rub each **quesadilla** with a little **oil**, then bake on the top shelf of your oven until golden, 8-12 mins.



## Spice Things Up

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



## Finish and Serve

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

Enjoy!