



BBQ Beef Quesadillas with Baby Gem and Tomato Salad

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

11



Beef Mince



Garlic Clove



Mature Cheddar
Cheese



Central American
Style Spice Mix



Tomato Puree



BBQ Sauce



Plain Taco
Tortilla



Cider Vinegar



Medium Tomato



Baby Gem
Lettuce

Pantry Items

Oil, Salt, Pepper, Olive Oil

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
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	60g	80g	120g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
BBQ Sauce	32g	48g	64g
Plain Taco Tortilla 13)	4	6	8
Cider Vinegar 14)	15ml	22.5ml	30ml
Medium Tomato	1	2	2
Baby Gem Lettuce**	1	1½	2
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2932 / 701	813 / 194
Fat (g)	39.7	11.0
Sat. Fat (g)	16.7	4.6
Carbohydrate (g)	45.2	12.5
Sugars (g)	8.9	2.5
Protein (g)	41.8	11.6
Salt (g)	1.85	0.51

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

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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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Get Frying

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Heat a medium frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Mix the Salad Dressing

- While the **quesadillas** bake, pop the **cider vinegar** and **olive oil for the dressing** (see pantry for amount) into a large bowl.
- Season with **salt** and **pepper**, then mix together.
- Cut the **tomatoes** into 1cm pieces and add them to the **dressing**.



Build the Flavour

- While the **beef** cooks, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.
- Add the **garlic**, **Central American style spice mix** and **tomato puree** to the **browned beef**, then stir-fry for 1 min.
- Stir in the **water for the sauce** (see pantry for amount) and cook until thickened, 2-3 mins.
- Once thickened, remove from the heat and stir in the **BBQ sauce**. Taste and season with **salt** and **pepper** if needed.



Bring on the Baby Gem

- Trim the **baby gem**, halve lengthways, then thinly slice widthways.
- Just before serving, add the **baby gem** to the bowl of **dressing** and toss to coat.



Make your Quesadillas

- Lay the **tortillas** (2 per person) onto a lightly oiled baking tray and spoon the **beef filling** onto one half of each one.
- Top with the **cheese**, then fold the other side over to make a semi-circle. Press down to keep together.
- Rub a little **oil** over the top of each one.
- Bake your **quesadillas** on the top shelf of your oven until golden, 5-7 mins.



Serve

- When ready, share the **BBQ beef quesadillas** between your plates.
- Serve with the **salad** alongside.

Enjoy!