



Three Cheese Tortizzas

with Sweet Potato Chips and Rocket Salad

Calorie Smart 30-40 Minutes • 2 of your 5 a day • Veggie • Under 650 Calories

23



-  Sweet Potato
-  Baby Plum Tomatoes
-  Mature Cheddar Cheese
-  Double Gloucester
-  Red Leicester
-  Closed Cup Mushrooms
-  Garlic Clove
-  Red Wine Vinegar
-  Tomato Puree
-  Plain Taco Tortilla
-  Rocket

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Baking tray, grater, garlic press, frying pan and bowl.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Mature Cheddar Cheese** 7)	30g	45g	60g
Double Gloucester** 7)	30g	45g	60g
Red Leicester** 7)	30g	45g	60g
Closed Cup Mushrooms**	150g	225g	525g
Garlic Clove**	1	2	2
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	½ tbsp	½ tbsp	1 tbsp
Tomato Puree	2 sachets	3 sachets	4 sachets
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Plain Taco Tortilla 13)	4	6	8
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	430g	100g
Energy (kJ/kcal)	2376 /568	553 /132
Fat (g)	22.8	5.3
Sat. Fat (g)	12.4	2.9
Carbohydrate (g)	66.6	15.5
Sugars (g)	15.7	3.7
Protein (g)	20.4	4.8
Salt (g)	1.87	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Chop the Chips

Preheat your oven to 200°C.

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Mix it Up

Meanwhile, put the **red wine vinegar** and **olive oil for the dressing** (see ingredients for amount) into a large bowl. Season with **salt** and **pepper**, then mix together. Set the **dressing** aside.

In another small bowl, combine the **tomato puree** and **water for the sauce** (see ingredients for amount).

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Get Prepped

Halve the **baby plum tomatoes**.

Grate the **Cheddar**, **Double Gloucester** and **Red Leicester**.

Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press).



Cook the Mushrooms

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mushrooms** and season with **salt** and **pepper**. Stir-fry until browned, 7-8 mins.

TIP: Do this in batches if your pan is small - you want the mushrooms to fry, not stew.

Once the **mushrooms** are cooked, stir in the **garlic** and cook for 1 min more. Remove from the heat and set aside.



Tortizza Time

Arrange your **tortillas** (2 per person) on a baking tray (use two if necessary) and cover with the **tomato puree mix**, leaving a 1cm border around the edge.

Share the **mushrooms** and **baby plum tomatoes** between the **tortillas**, then top with the **grated cheeses**.

Bake the **tortizzas** on the middle shelf of your oven until golden and the **cheese** is bubbly, 7-8 mins.



Finish and Serve

Add the **rocket** to the bowl of **dressing** and toss together.

When the **tortizzas** are ready, transfer them to your plates and serve with the **sweet potato chips** and **salad** alongside.

Enjoy!