



Cheesy Gochujang Quesadillas with Tomato and Baby Leaf Salad

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie

18



Garlic Clove



Black Beans



Tomato Puree



Gochujang Paste



Honey



Vegetable Stock
Paste



Mature Cheddar
Cheese



Plain Taco Tortilla



Medium Tomato



Cider Vinegar



Premium Baby
Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

Before you start

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

Cooking tools

Garlic press, sieve, frying pan, grater, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Black Beans	1 carton	1½cartons	2cartons
Tomato Puree	30g	45g	60g
Gochujang Paste 11)	50g	80g	100g
Honey	15g	22g	30g
Vegetable Stock Paste 10)	10g	15g	20g
Mature Cheddar Cheese** 7)	90g	150g	180g
Plain Taco Tortilla 13)	6	9	12
Medium Tomato	1	1½	2
Cider Vinegar 14)	15ml	22ml	30ml
Premium Baby Leaf Mix**	50g	75g	100g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	419g	100g
Energy (kJ/kcal)	3428 /819	818 /196
Fat (g)	38.3	9.1
Sat. Fat (g)	12.7	3.0
Carbohydrate (g)	83.0	19.8
Sugars (g)	20.1	4.8
Protein (g)	31.3	7.5
Salt (g)	4.85	1.16

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

Allergens

7) Milk **10)** Celery **11)** Soya **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 Prepping

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve.



Make your Quesadillas

- Lay the **tortillas** onto a lightly oiled large baking tray and spoon the **gochujang beans** onto one half of each one. Top with the **grated cheese**.
- Fold the other side of the **tortilla** over to make a semi-circle. Press down to keep together.
- Rub a little **oil** over the top of each **quesadilla**, then bake on the top shelf of your oven until golden, 5-7 mins.



Build the Flavour

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic**, **tomato puree** and **gochujang** to the pan.
- Cook, stirring, for 1 min.



Prep the Salad

- While the **quesadillas** bake, cut the **tomato** into 1cm chunks.
- Add the **tomatoes** to a medium bowl with the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).
- Season with **salt** and **pepper**, then set aside to macerate.



Bring on the Beans

- Stir the **black beans**, **honey**, **vegetable stock paste** and **water for the sauce** (see pantry for amount) into the frying pan. **TIP:** If your honey has hardened, pop it into a bowl of hot water for 1 min.
- Simmer until thickened slightly, 2-3 mins. Taste and season with **salt** and **pepper** if needed.
- Meanwhile, grate the **Cheddar cheese**.



Finish and Serve

- Just before you're ready to serve, toss the **baby leaves** in the **tomatoes** and **dressing**.
- Transfer your **quesadillas** to your plates and serve the **salad** alongside.
- Add a dollop of **mayonnaise** (see pantry for amount) on the side for dipping.

Enjoy!