HELLO FRESH

Cheeseburger Quesadillas
with Rocket Salad and Burger Sauce

Family   20 Minutes

Beef Mince

Spring Onion

Garlic Clove

Mature Cheddar Cheese

Dijon Mustard

Worcester Sauce

Plain Taco Tortilla

Red Wine Vinegar

Rocket

Burger Sauce

Pantry Items
Oil, Salt, Pepper, Tomato Ketchup, Sugar, 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
Spring Onion**	1	1½	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	60g	90g	120g
Dijon Mustard 9) 14)	10g	15g	20g
Worcester Sauce 13)	15g	22g	30g
Plain Taco Tortilla 13)	6	9	12
Red Wine Vinegar 14)	12g	18g	24g
Rocket**	20g	30g	40g
Burger Sauce 8) 9)	30g	45g	60g
Pantry	**2P**	**3P**	**4P**
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	333g	100g
Energy (kJ/kcal)	3547 /848	1067 /255
Fat (g)	46.6	14.0
Sat. Fat (g)	17.0	5.1
Carbohydrate (g)	63.7	19.2
Sugars (g)	13.5	4.0
Protein (g)	43.3	13.0
Salt (g)	2.81	0.85

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

Allergens

7) Milk 8) Egg 9) Mustard 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.

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Fry the Beef

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Heat a large frying pan on medium-high heat (no oil).

c) Once hot, add the **beef mince**. Fry until the **beef** is browned, 5-6 mins. Use a spoon to break it up as it cooks.

d) Season with **salt** and **pepper**. IMPORTANT: *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*

2

Prep Time

a) Meanwhile, trim and thinly slice the **spring onion**.

b) Peel and grate the **garlic** (or use a garlic press).

c) Grate the **Cheddar cheese**.

3

Add the Flavour

a) Once the **beef** has browned, drain and discard any excess fat.

b) Stir the **garlic** and **spring onion** into the **beef**, then cook for 1 min.

c) Stir through the **Dijon mustard**, **Worcester sauce**, **ketchup** and **water for the sauce** (see pantry for both amounts).

d) Bring to the boil, then simmer until the **sauce** has thickened, 1-2 mins.

4

Make your Quesadillas

a) Lay the **tortillas** (3 per person) onto a lightly oiled baking tray and spoon the **beef filling** onto one half of each one.

b) Top with the **grated 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.

c) Bake your **quesadillas** on the top shelf of your oven until golden, 5-7 mins.

5

Dress to Impress

a) Meanwhile, in a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

b) Season with **salt** and **pepper**, then mix to combine.

c) Just before serving, toss the **rocket leaves** in the **dressing**.

6

Serve

a) When everything's ready, share the **cheeseburger quesadillas** between your plates.

b) Serve with the **burger sauce** for dipping and **rocket salad** on the side.

Enjoy!