

Cheesy Gochujang Quesadillas

with Tomato and Baby Leaf Salad



20 Minutes · Mild Spice · 2 of your 5 a day · Veggie







Garlic Clove





Tomato Puree



Gochujang Paste





Vegetable Stock Paste

Plain Taco Tortillas



Mature Cheddar Cheese



Medium Tomato



Cider Vinegar



Baby Leaf Mix

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P	
Garlic Clove**	2	3	4	
Black Beans	1 carton	1½ cartons	2 cartons	
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 Tortillas 13)	6	9	12	
Medium Tomato	1	11/2	2	
Cider Vinegar 14)	15ml	22ml	30ml	
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	
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*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	475g	100g
Energy (kJ/kcal)	3391/810	714/171
Fat (g)	35.5	7.5
Sat. Fat (g)	13.4	2.8
Carbohydrate (g)	86.5	18.2
Sugars (g)	21.0	4.4
Protein (g)	31.5	6.6
Salt (g)	5.14	1.08

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.

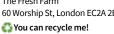
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Get Prepping

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



Build the Flavour

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



Bring on the Beans

- a) 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.
- b) Mash half the beans in the pan using a potato masher.
- c) Simmer until thickened slightly, 2-3 mins. Taste and season with salt and pepper if needed.
- d) Meanwhile, grate the Cheddar cheese.



Make your Quesadillas

- a) 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.
- **b)** Fold the other side of the **tortilla** over to make a semi-circle. Press down to keep together.
- c) Rub a little oil over the top of each quesadilla, then bake on the top shelf of your oven until golden, 5-7 mins.



Tomato Time

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



Finish and Serve

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

Enjoy!