



Kids' Cheesy Pea-sy Pesto Quesadillas with Apple Slices

Kids 20-25 Minutes • 1 of your 5 a day • Veggie

14A

Find all your unchilled Market items in bag A.



Mature Cheddar Cheese



Peas



Fresh Pesto



Cream Cheese



Plain Taco Tortillas



Apple

Pantry Items
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

Grater, bowl and baking tray.

Ingredients

Ingredients	Quantity
Mature Cheddar Cheese** 7)	80g
Peas**	120g
Fresh Pesto** 7)	32g
Cream Cheese** 7)	50g
Plain Taco Tortillas 13)	6
Apple**	2

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	329g	100g
Energy (kJ/kcal)	2761/660	839/201
Fat (g)	30.9	9.4
Sat. Fat (g)	15.9	4.8
Carbohydrate (g)	71.1	21.6
Sugars (g)	16.8	5.1
Protein (g)	22.6	6.9
Salt (g)	2.21	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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1



2



3



Get Prepped

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

b) Grate the **Cheddar cheese**.

c) In a medium bowl, mix together the **peas, pesto** and **cream cheese** until combined.

Into the Oven

a) Lay the **tortillas** onto a lightly oiled baking tray and spoon the **creamy pesto mixture** onto one half of each one. Top with the **grated cheese**.

b) Fold the other side over to make a semi-circle. Press down to keep together.

c) Rub a little **oil** over the top of each one, then bake on the top shelf of your oven until golden, 8-12 mins.

Your Quesadillas are Ready!

a) Meanwhile, quarter, core, and slice the **apple** (no need to peel).

b) Slice the **cheesy pesto quesadillas** in half and share between 2 serving plates.

c) Serve with your **apple slices** on the side.

Enjoy!