

# Kids' Cheddar & Chorizo Pizza Quesadillas with Apple Slices

14A

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Kids 15-20 Minutes • 1 of your 5 a day







Mature Cheddar Cheese

Chorizo Slices





Sun-Dried Tomato Paste

Plain Taco Tortillas



Apple

# 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** <b>7</b> )	90g	
Chorizo Slices** 7)	50g	
Sun-Dried Tomato Paste	50g	
Plain Taco Tortillas 13)	6	
Apple**	2	

Pantry	Quantity		
Water*	1½ tbsp		
Sugar*	½ tsp		

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	296g	100g
Energy (kJ/kcal)	3835 /917	1294/309
Fat (g)	29.1	9.8
Sat. Fat (g)	14.4	4.9
Carbohydrate (g)	68.3	23.1
Sugars (g)	15.1	5.1
Protein (g)	25.9	8.7
Salt (g)	3.26	1.10

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

# 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, mollusc, 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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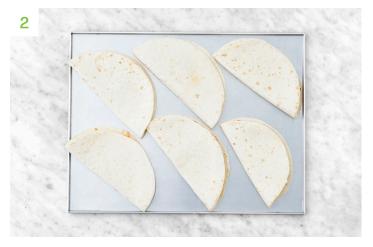
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# Make your Pizza Style Filling

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- b) Grate the Cheddar cheese.
- c) Roughly chop the chorizo slices.
- **d)** In a medium bowl, mix together the **cheese**, **chorizo**, **sun-dried tomato paste**, **water** and **sugar** (see pantry for both amounts) until combined.



## Bake your Quesadillas

- a) Lay the **tortillas** onto a lightly oiled baking tray and spoon the **pizza style filling** onto one half of each one.
- **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.



#### Finish and Serve

- a) Meanwhile, quarter, core and slice the apple (no need to peel).
- **b)** Once cooked, slice the **pizza style quesadillas** in half and share between 2 serving plates.
- c) Serve with your apple slices on the side.

### Enjoy!