



Cheesy Sweet Chilli Corn Quesadillas with Apple Slices

Kid Friendly 15-20 Minutes • **Mild Spice** • 1 of your 5 a day • Veggie

15A

Find all your unchilled
Market items in bag A.



Mature Cheddar
Cheese



Sweetcorn



Sweet Chilli Sauce



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. Ingredients in red are hot!

Cooking tools

Grater, sieve, bowl and baking tray.

Ingredients

Ingredients	Quantity
Mature Cheddar Cheese** 7)	120g
Sweetcorn	160g
Sweet Chilli Sauce	48g
Plain Taco Tortillas 13)	6
Apple**	2

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2784 /665	812 /194
Fat (g)	26.0	7.6
Sat. Fat (g)	15.2	4.4
Carbohydrate (g)	81.0	23.6
Sugars (g)	25.9	7.6
Protein (g)	25.3	7.4
Salt (g)	2.65	0.77

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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2



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Get Prepped

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

b) Grate the **Cheddar cheese**.

c) Drain the **sweetcorn** in a sieve.

d) In a medium bowl, mix together the **cheese**, **sweet chilli sauce** and **sweetcorn** until combined.

Bake your Quesadillas

a) Lay the **tortillas** onto a lightly oiled baking tray and spoon the **sweet chilli corn mixture** 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 **cheesy sweet chilli quesadillas** in half and share between 2 serving plates.

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

Enjoy!