



Cheddar & Chorizo Pizza Style Quesadillas with Apple Slices

Kid Friendly 15-20 Minutes • 1 of your 5 a day

15A

Find all your unchilled Market items in bag A.



Mature Cheddar Cheese



Chorizo Slices



Sun-Dried Tomato Paste



Plain Taco Tortillas



Apple

Pantry Items
Oil, Sugar

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

Pantry	Quantity
Water*	1.5 tbsp
Sugar*	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	296g 3835 /917	100g 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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1



Make your Pizza Style Filling

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

2



Bake your Quesadillas

- Lay the **tortillas** onto a lightly oiled baking tray and spoon the **pizza style filling** onto one half of each one.
- 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, then bake on the top shelf of your oven until golden, 8-12 mins.

3



Finish and Serve

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

Enjoy!