



Spiced BBQ Pork Quesadillas Rapiidas

with Pepper, Cheese and Rocket

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day

14



Bell Pepper



Garlic Clove



Tomato Puree



BBQ Sauce



Wild Rocket



British Pork Mince



Mature Cheddar Cheese



Central American Style Spice Mix



Plain Taco Tortillas



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Mayonnaise

↔ **Swap to Beef Mince**

If you chose to swap to beef mince, then just follow the instructions on the back of this card.

Happy cooking!

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

Frying pan, garlic press, grater and baking tray.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
British Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Mature Cheddar Cheese**	30g	40g	60g
7)			
Tomato Puree	30g	45g	60g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
BBQ Sauce	32g	48g	64g
Plain Taco Tortillas 13)	6	9	12
Wild Rocket**	20g	40g	40g
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	377g	100g	377g	100g
Energy (kJ/kcal)	3478 /831	922 /220	3252 /777	862 /206
Fat (g)	45.1	12.0	38.5	10.2
Sat. Fat (g)	15.3	4.1	14.0	3.7
Carbohydrate (g)	67.8	18.0	67.5	17.9
Sugars (g)	12.1	3.2	11.8	3.1
Protein (g)	37.2	9.8	40.4	10.7
Salt (g)	2.40	0.64	2.40	0.64


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.

 You can recycle me!

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Time to Fry

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **bell pepper** and discard the core and seeds. Chop into roughly 1cm pieces.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince** and **chopped pepper**. Fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

↔ Swap to Beef Mince

If you've chosen to get **beef mince** instead of pork, cook the recipe in the same way.



Make your Quesadillas

- Lay the **tortillas** (3 per person) onto a lightly oiled baking tray.
- Spoon the **pork filling** onto one **half** of each **tortilla** and top with the **cheese**.
- Fold the other side over to make a semi-circle. Press down to keep together.



Quick Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
 - Grate the **cheese**.
 - Once the **pork** is cooked, drain and discard any excess fat, then season with **salt** and **pepper**.
- IMPORTANT:** The pork is cooked when no longer pink in the middle.



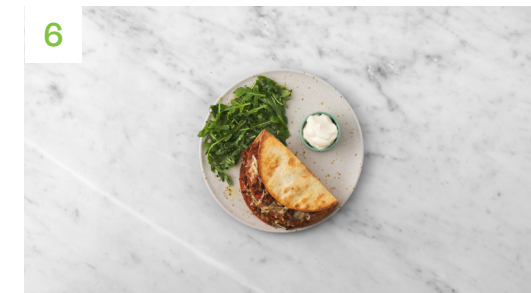
Ready, Steady, Bake

- Rub each **quesadilla** with a little **oil**, then bake on the top shelf of your oven until golden, 4-6 mins.



Spice Things Up

- Add the **garlic**, **tomato puree**, **Central American style spice mix** and **water for the sauce** (see pantry for amount) to the pan. Cook, stirring to combine, 1 min.
- Stir the **BBQ sauce** into the pan and mix well.
- Season with **salt** and **pepper**, then remove from the heat.



Finish and Serve

- Once ready, transfer the **quesadillas** to your plates.
- Serve the **rocket** on the side.
- Serve the **mayo** (see pantry for amount) alongside for dipping.

Enjoy!