



Beef and Beany Quesadillas

with Pepper and Baby Leaf Salad

25

Calorie Smart 25-30 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Bell Pepper



Mature Cheddar Cheese



Garlic Clove



Red Kidney Beans



British Beef Mince



Tomato Puree



Mexican Style Spice Mix



Beef Stock Paste



Super Soft Tortillas with Whole Wheat



Baby Leaf Mix



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Sugar

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, garlic press, sieve, bowl, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Mature Cheddar Cheese**	40g	60g	90g
Garlic Clove**	2	3	4
Red Kidney Beans	½ carton	¾ carton	1 carton
British Beef Mince**	120g	180g	240g
Tomato Puree	30g	60g	60g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Beef Stock Paste	10g	15g	20g
Super Soft Tortillas with Whole Wheat 13	4	6	8
Baby Leaf Mix**	50g	100g	100g
Balsamic Glaze 14	12ml	24ml	24ml
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Beef*	75ml	100ml	150ml

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	2451/586	608/145
Fat (g)	23.1	5.7
Sat. Fat (g)	9.8	2.4
Carbohydrate (g)	60.6	15.0
Sugars (g)	12.9	3.2
Protein (g)	33.6	8.3
Salt (g)	2.93	0.73

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


Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Get Prepped

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

Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press).



Assemble your Quesadillas

Lay the **tortillas** (2 per person) onto a lightly **oiled** baking tray and spoon the **filling** onto one half of each one. Top with the **cheese**.

Fold the other side over to make a semi-circle. Press down to keep together. **TIP:** Use two baking trays if necessary.



Fry the Beef and Pepper

Drain and rinse the **kidney beans** in a sieve (see ingredients for amount, but use them all if you like beans). Pop them into a bowl and roughly mash with the back of a fork.

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **beef mince** and **chopped pepper**, then season with **salt** and **pepper**.

Fry until the **mince** is browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Time to Bake

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



Bring on the Beans and Spice

Once the **mince** is browned, stir in the **garlic**, **tomato puree** and **Mexican style spice mix**. Fry for 1 min.

Add the **crushed kidney beans**, **beef stock paste**, **sugar** and **water for the beef** (see pantry for both amounts), then bring to the boil.

Simmer, stirring frequently, until thickened, 2-3 mins. Taste and add **salt** and **pepper** if needed.



Serve

When everything's ready, transfer your **beef and bean quesadillas** to your plates.

Serve the **baby leaves** alongside drizzled with the **balsamic glaze** to finish.

Enjoy!