



Pork Bolognese and Cheese Quesadillas with Balsamic Glazed Baby Leaf Salad

Family 35-40 Minutes • 1 of your 5 a day

3



Pork Mince



Garlic Clove



Tomato Puree



Red Wine Jus Paste



Mixed Herbs



Mature Cheddar Cheese



Plain Taco Tortilla



Medium Tomato



Baby Leaf Mix



Balsamic Glaze



Beef Mince

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Frying pan, garlic press, grater, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7)	40g	70g	90g
Plain Taco Tortilla 13)	4	6	8
Medium Tomato	1	2	2
Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze 14)	12ml	24ml	24ml
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	321g	100g	321g	100g
Energy (kJ/kcal)	2774 /663	863 /206	2548 /609	793 /189
Fat (g)	35.8	11.1	29.2	9.1
Sat. Fat (g)	15.2	4.7	13.9	4.3
Carbohydrate (g)	47.6	14.8	47.3	14.7
Sugars (g)	10.2	3.2	10.0	3.1
Protein (g)	36.6	11.4	39.9	12.4
Salt (g)	2.17	0.68	2.21	0.69

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

Allergens

7) Milk **10)** Celery **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, milk, egg, mustard, celery, soya, 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.

Contact

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Fry the Mince

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

Heat a large frying pan on medium-high heat (no oil). Once hot, add the **pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. Add the **garlic** and **tomato puree**, stir-fry for 30 secs.

CUSTOM RECIPE

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



Ready, Steady, Bake

Rub a little **oil** over the top of each **quesadilla**, then bake on the top shelf of your oven until golden, 6-8 mins.



Simmer the Bolognese

Stir in the **red wine jus paste**, **mixed herbs** and **water for the sauce** (see pantry for amount).

Bring to the boil, then reduce the heat and simmer until the **sauce** has thickened, 10-12 mins, stirring occasionally. Add a splash of **water** if it gets too thick. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Bring on the Salad

While the **quesadillas** bake, cut the **tomato** into 1cm chunks and add to a medium bowl with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Just before you are ready to serve, add the **baby leaf mix** to the **tomato chunks** and toss to coat.



Quesadilla Time

Meanwhile, grate the **cheese**.

Once the **mince** is cooked, lay the **tortillas** onto a lightly oiled baking tray and spoon the **Bolognese** onto one half of each one.

Top with the **grated cheese**, then fold over the other side of the **tortillas** to make a semi-circle. Press down to keep together.



Serve

Once golden, transfer the **Bolognese quesadillas** (2 per person) to your plates.

Serve the **salad** alongside drizzled with the **balsamic glaze**.

Enjoy!