



Dinner: Chilli Beef Quesadillas

Lunch: Mexican Beef and Herby Rice

Nº 20

DINNER TO LUNCH 40 Minutes • Medium Spice • 2.5 of your 5 a day



DINNER

LUNCH



Beef Mince



Onion



Green Pepper



Garlic Clove



Carrot



Lime



Mexican Spice



Tomato Purée



Finely Chopped Tomatoes



Beef Stock Powder



Cucumber



Coriander



Wholewheat Tortillas



Cheddar Cheese



Sour Cream



Steamed Basmati Rice

Before you start

Basic cooking tools, you will need:

Frying Pan, Fine Grater (or Garlic Press), Measuring Jug, Baking Tray and Coarse Grater.

Ingredients

	2P	3P	4P
Beef Mince**	480g	600g	720g
Onion**	1	1	2
Green Pepper**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Carrot**	1	1	2
Lime**	1	1	1
Mexican Spice	1 sachet	1¼ sachets	1½ sachets
Tomato Purée	1 sachet	1 sachet	1½ sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Chilli*	100ml	150ml	200ml
Cucumber**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Wholewheat Tortillas 13	4	6	8
Cheddar Cheese 7 **	2 blocks	3 blocks	3 blocks
Soured Cream 7 **	75g	100g	150g
Steamed Basmati Rice	1 pouch	1 pouch	1 pouch

*Not Included ** Store in the Fridge

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	337g	100g
Energy (kJ/kcal)	2246/535	667/159
Fat (g)	13	4
Sat. Fat (g)	5	1
Carbohydrate (g)	75	22
Sugars (g)	26	8
Protein (g)	33	10
Salt (g)	2.05	0.61

Lunch	Per serving	Per 100g
for uncooked ingredients	401g	100g
Energy (kJ/kcal)	2437/581	607/145
Fat (g)	26	7
Sat. Fat (g)	10	2
Carbohydrate (g)	56	14
Sugars (g)	25	6
Protein (g)	31	8
Salt (g)	1.66	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1. Prep Time

Heat a splash of oil in a large frying pan over high heat. When hot, add the **minced beef** and cook until browned, 3-4 mins. Break the **mince** up with a spoon as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Meanwhile, halve, peel and chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into 1cm pieces. Grate the **garlic** (or use a garlic press). Trim and coarsely grate the **carrot** (no need to peel). Zest the **lime**, then cut into wedges.



4. Assemble the 'dillas

Lightly **oil** a large baking tray. Lay **1 tortilla** per person on the baking tray (use 2 trays if necessary). Reserve 2 portions of the **beef chilli** for lunch and allow to cool. Share the remaining **mince** between the **tortillas**. Grate on **half** the **Cheddar cheese** and top with another **tortilla**. Press the **tortillas** gently. Brush the tops with **oil**. Bake the **quesadillas** until the **cheese** has melted and the **tortillas** are golden, 5-8 minutes.



2. Make Your Chilli

Once the **beef** is browned, add the **onion**, **pepper** and **carrot**. Cook, stirring, until softened, 2-3 minutes. Stir in the **garlic** and **Mexican spice** mix and cook until fragrant, one minute. Reduce the heat to medium, then add the **tomato puree**, **chopped tomatoes**, **beef stock** and **water** (see ingredients for amount). Season with **salt** and **pepper**, stir to combine and simmer until thick and tomatoey, 10-12 mins. Meanwhile, preheat your oven to 200°C.



5. Serve Your Dinner

Carefully slice the **quesadillas** into quarters and divide between your plates. Top with a dollop of **soured cream** and serve with the **cucumber salsa**.

Enjoy!



3. Make the Salad

Meanwhile, trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Roughly chop the **coriander** (stalks and all). Transfer the **cucumber chunks** to a medium bowl with a pinch of **salt** and **pepper**, a drizzle of **oil** and a squeeze of **lime juice**. Stir in **half** of the **coriander**. Set aside.

LUNCH FOR TWO



6. Make Your Lunch!

When you're ready to pack lunch, in a medium bowl, mix the **steamed basmati rice** (no need to heat it!), remaining **coriander**, **lime zest** and a pinch of **salt**. Share between 2 plastic containers. Top with the **chilli** you reserved earlier, a **lime wedge** and grate on the remaining **Cheddar cheese**. Refrigerate. At lunch, enjoy cold, or alternatively, remove the **lime wedge** and heat up in a microwave until piping hot. Add **lime juice** to taste.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.