



# Pork Bolognese and Cheese Quesadillas with Balsamic Glazed Baby Leaf Salad

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

40



Pork Mince



Garlic Clove



Tomato Puree



Red Wine  
Jus Paste



Italian Style  
Herbs



Mature Cheddar  
Cheese



Plain Taco Tortilla



Medium Tomato



Premium Baby  
Leaf Mix



Balsamic Glaze

**Pantry Items**  
Oil, Salt, Pepper

## 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 <b>10) 14)</b>	15g	22g	30g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** <b>7)</b>	40g	70g	90g
Plain Taco Tortilla <b>13)</b>	4	6	8
Medium Tomato	1	2	2
Premium Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze <b>14)</b>	12ml	24ml	24ml

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

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2779 /664	864 /207
Fat (g)	35.8	11.1
Sat. Fat (g)	15.2	4.7
Carbohydrate (g)	47.6	14.8
Sugars (g)	10.2	3.2
Protein (g)	37.0	11.5
Salt (g)	2.14	0.67

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. 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 and season with **salt** and **pepper**.  
Add the **garlic** and **tomato puree**, stir-fry for 30 secs.



### Ready, Steady, 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.



### Simmer the Bolognese

Stir in the **red wine jus paste**, **Italian style 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.



### Prep the Tomato

While the **quesadillas** bake, cut the **tomato** into 1cm pieces.

Pop the **tomato** into a large bowl with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Mix together and set aside.



### Quesadilla Time

Meanwhile, grate the **cheese**.

Once the **mince** is cooked, lay the **tortillas** (2 per person) onto a lightly oiled baking tray and spoon the **Bolognese** onto one half of each one.

Top with the **cheese**.

Fold the other side over to make a semi-circle. Press down.



### Finish and Serve

When everything is ready, add the **baby leaf mix** to the **tomato** bowl and toss to coat. **TIP:** Don't do this too early or the leaves will go soggy.

Transfer the **Bolognese quesadillas** to your plates. Serve the **salad** alongside drizzled with the **balsamic glaze**.

Enjoy!