













Spiced BBQ Pork Quesadillas

with Pepper, Cheese and Balsamic Glazed Rocket

Family 20 Minutes • Mild Spice • 1 of your 5 a day

11



-  Bell Pepper
-  Pork Mince
-  Garlic Clove
-  Mature Cheddar Cheese
-  Tomato Puree
-  Central American Style Spice Mix
-  BBQ Sauce
-  Plain Taco Tortilla
-  Rocket
-  Balsamic Glaze

Pantry Items
Oil, Salt, Pepper, Mayonnaise

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 and baking tray.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	40g	60g	90g
Tomato Puree	30g	60g	60g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
BBQ Sauce	32g	48g	64g
Plain Taco Tortilla 13)	6	9	12
Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml

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 or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	374.8g	100g
Energy (kJ/kcal)	3635 /869	970 /232
Fat (g)	46.9	12.5
Sat. Fat (g)	16.4	4.4
Carbohydrate (g)	71.5	19.1
Sugars (g)	14.6	3.9
Protein (g)	38.5	10.3
Salt (g)	2.46	0.66

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, 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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Time to Fry

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **pepper** and discard the core and seeds. Chop into small 1cm chunks.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince** and **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.



Make your Quesadillas

- Lay the **tortillas** (3 per person) onto a lightly oiled baking tray. **TIP:** Use two baking trays if necessary.
- Spoon the **pork filling** onto one half of each **tortilla** and top with the **cheese**.
- Fold over the other half of the **tortilla** 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, 8-12 mins.
- While the **quesadillas** bake, have a little tidy and get ready to serve.



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, for 1 min.
- Stir in the **BBQ sauce**.
- 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 drizzled with the **balsamic glaze**.
- Serve the **mayo** (see pantry for amount) alongside for dipping.

Enjoy!