



Spiced Beef Quesadillas and Wedges

with Baby Leaf and Cucumber Salad

Family Kitchen Family Friendly

Preparation time : 40 min.



- Potatoes
- Onion
- Garlic Clove
- British Beef Mince
- Central American Style Spice Mix
- Tomato Puree
- Beef Stock Paste
- Mature Cheddar Cheese
- Plain Taco Tortillas
- Red Wine Vinegar
- Baby Leaf Mix
- Baby Cucumber
- Sugar for the Onions
- Sugar for the Sauce
- Water for the Sauce
- Tomato Ketchup
- Mayonnaise



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/spiced-beef-quesadillas-and-wedges-396>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Grater, Bowl, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Onion (unit(s))	1	1½	2
Garlic Clove (unit(s))	2	3	4
British Beef Mince (grams)	240	360	480
Central American Style Spice Mix (sachet(s))	1	1	2
Tomato Puree (grams)	30	45	60
Beef Stock Paste (grams)	10	15	20
Mature Cheddar Cheese (grams)	50	80	100
Plain Taco Tortillas (unit(s))	6	9	12
Red Wine Vinegar (milliliter(s))	12	18	24
Baby Leaf Mix (grams)	20	50	50
Baby Cucumber (unit(s))	1	1½	2
Sugar for the Onions (tsp)	1	1½	2
Sugar for the Sauce (tsp)	½	¾	1
Water for the Sauce (milliliter(s))	50	75	100
Tomato Ketchup (tbsp)	2	3	4
Mayonnaise (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	4278 kj
Energy (kcal)	1022 kcal
Fat	41.5 g
of which saturates	16.2 g
Carbohydrate	118.7 g
of which sugars	20.3 g
Dietary Fibre	12.4 g
Protein	48.1 g
Salt	3.78 g

Allergens

Milk, Wheat, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Get the Wedges on

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



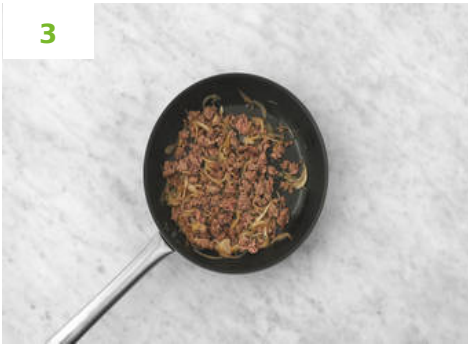
Caramelise the Onion

Meanwhile, halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins. Add the **sugar for the onion** (see pantry for amount) and cook until caramelised, 1-2 mins more.

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



Fry your Mince

Add the **beef mince** to the **onions**. Fry until the **mince** has 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.



Build the Flavour

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

Stir in the **garlic**, **Central American style spice mix** and **tomato puree** and fry until fragrant, 1 min.

Add the **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the **beef**. Bring to a boil, then reduce the heat and simmer until thickened, 2-3 mins. Season with **salt** and **pepper**.



Bake the Quesadillas

Meanwhile, grate the **Cheddar cheese**.

Lay the **tortillas** onto a lightly oiled baking tray and spoon the **spiced beef** 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.

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

While the **quesadillas** bake, in a medium bowl combine the **red wine vinegar** with a pinch of **sugar** and a drizzle of **oil**. Season with **salt** and **pepper**. Trim the **cucumber** and slice into 1cm thick rounds.



Serve Up

Just before everything's ready, add the **baby leaves** and **cucumber** to the **vinegar dressing** and toss to combine.

Make kid friendly: If your kids aren't keen on dressing, save a portion of the salad for them and mix the rest with the dressing for everyone else.

Share the **quesadillas** between your plates.

Add a dollop of **ketchup** and **mayo** alongside (see pantry for amount)

Serve the **salad** and **wedges** alongside.

Enjoy your meal!