

Save Our Stomachs

BEEF AND SWEET PEPPER QUESADILLAS



Try this Mexican-style sandwich made with Quality Standard beef mince that is packed with flavour and made for sharing.

This recipe serves 4 people and takes 10-15 minutes to prepare and under 30 minutes to cook.

Cooking equipment you will need:

a non-stick frying pan
a chopping board
a sharp knife
a wooden spoon
a plastic fish slice
a garlic crusher (if you have one)

Ingredients you will need:

1tbsp oil
2 garlic cloves
2 spring onions
a red and yellow pepper
375g Quality Standard Mark beef mince
100g chorizo sausage or salami
Pinch dried chilli flakes
Salt and pepper
A small handful fresh coriander or parsley
8 prepared flour tortillas
4tbsp prepared tomato chutney or ketchup
150g Cheddar cheese
Extra oil, for frying

To prepare your ingredients:

Finely crush or chop the garlic
Finely chop the spring onions
Deseed and finely chop the red and yellow pepper
Roughly chop the chorizo sausage or salami
Finely chop the herbs
Grate the cheese

To cook the recipe:

- Heat half the oil in the frying pan and cook the garlic, spring onions and peppers for 1-2 minutes
- Add the beef mince and chorizo sausage or salami and cook for 10 minutes until brown. Stir in the chilli flakes and season with salt and pepper if required. Stir through the herbs
- Place 4 tortillas on the chopping board and spread evenly with the tomato chutney or ketchup, the beef mixture and a handful of grated cheese. Try not to overfill. Top each with another tortilla to form a sandwich and press down.
- Heat a drizzle of oil in the cleaned frying pan over a moderate heat and fry the tortillas, one at a time for 2-3 minutes. Invert the tortilla onto a plate, then return to the frying pan, cooked side up. Continue to cook for a further 2-3 minutes until the cheese melts
- Repeat with the remaining tortillas, adding extra oil to the pan as required
- Slice the tortillas into quarters and serve with a green salad