



Food For Thought Recipe and Allergen Card

Vegetable and Cheese Quesadillas

6 Portions

Ingredient	Hannah Product Code	Quantity
10" Tortilla Wrap	F001820	2
Grated Cheddar	C000162	1 Handfull
Red Onion (Sliced)		To fill
Mixed Peppers (Sliced)		To fill
Cajun Spice	D001224	To taste
Tomato Sauce (As per FFT Recipe)		To fill
Mozzarella Cheese	Total Produce	

RECIPE METHOD – ALLERGENS

1. Prepare the tomato sauce as per FFT recipe
2. Place a tortilla on a baking tray
3. Spread on tomato sauce similar to pizza
4. Fry the sliced onion and peppers seasoned with Cajun spices
5. Cover the sauce with the vegetables
6. Sprinkle with mozzarella and cheddar cheeses
7. Cover with another tortilla
8. Bake in the oven at 180°C for 5 minutes until the cheese has melted
9. Cut into 6 and serve immediately

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...