

VEGAN QUESADILLA WITH SENSATIONAL MINCE

INGREDIENTS

1 pack Garden Gourmet Sensational Mince

4 tortillas

100 g tomato sauce

120 g caramelized onion

120 g pears

60 g mango

60 g papaya

40 g lettuce

25 g radish

120 g vegan cream blue cheese spread

1 tbsp virgin olive oil

Some fresh cilantro

Some garlic powder

Some salt and pepper

2 spoons of spicy sauce

CULINARY TIP

Tip

To complete this recipe and achieve a healthy and balanced menu, prepare an easy vegetable starter to take on a picnic, for example, some carrot and pepper "crudités" with hummus. For dessert, an easy-to-carry fruit is a good option

 4 SERVINGS

 25 MIN

 EASY

Thinking of vegan dishes to bring for your picnic this weekend? Or just a recipe to spice up your usual lunch? We got you covered with our quesadillas, made with Garden Gourmet Sensational Mince!

PREPARATION

1. Preparing the filling

Preheat a frying pan with a tablespoon of oil. Add the crumbled Garden Gourmet Sensational Mince and cook for 7', stirring frequently. Add the tomato sauce, pepper and garlic and stir. Cook over low heat for 2-3' stirring.

2. Adding the flavour

Add the caramelized onion and mix. Cut the papaya and the mango into small dices. Cut the pear and radishes into thin slices and julienne the lettuce. Chop the cilantro and mix with the papaya and mango.

3. Filling the tortillas

Top the tortillas with the vegan creamy blue cheese spread. Distribute the pear in half of the tortillas. Add the radishes and cover with the Sensational Mince mixture. Spread the lettuce and finish with the papaya and mango mixture.

4. Final touches

Fold tortillas in half. Optional: Mark on the grill. (You can add jalapeños if you want a bit of spice).

5. Complete your picnic set!

TIP: To complete this recipe and achieve a healthy and balanced menu, prepare an easy vegetable starter to take on a picnic, for example, some carrot and pepper "crudités" with hummus. For dessert, an easy-to-carry fruit is a good option

Recipe created by ELISA

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