



GRILLED QUESADILLAS WITH SENSATIONAL MINCE AND CORIANDER SALSA

INGREDIENTS

2 packs Garden Gourmet Sensational Mince

4 large tortillas

300 g pumpkin

3 medium onions

1 garlic clove

1 can of black beans

100 g chipotles or smoked jalapenos in tomato paste

100 g vegan cheese

40 ml vegetable oil

2 small avocados

2 tomatoes

40 ml lime juice (about 1.5 freshly juiced lime)

A few sprigs of coriander

salt



4 SERVINGS



30 MIN



INTERMEDIATE

Explore the Mexican cuisine by making these delicious Vegan Quesadillas with Garden Gourmet Sensational Mince. Your friends and family will love them!

PREPARATION

1. Grate the pumpkin

Peel the pumpkin and remove the seeds. Grate the pumpkin and mix this with about 1 tsp of salt. Leave this on the side while you prepare the other ingredients.

2. Make the spice blend

Peel the garlic and chop it finely. Peel the onions and save one and a half onion for the salsa. Chop the remaining onion into fine dices and fry this with the garlic in some oil for about 3 minutes. Meanwhile, chop the chipotles/jalapenos finely and reserve the liquid.

3. Make the 'meat' base with Sensational Mince

Add the Garden Gourmet Sensational Mince to the pan and stir it together. Add the chipotles/jalapenos + liquid, about 175 ml of water and the black beans and stir. Let this simmer for 5 to 10 minutes and season with salt if needed.

4. Make the guacamole

Peel the avocados and remove the seeds. Chop the avocados, the tomatoes and the onion you saved before into fine dices. Chop the coriander finely and juice one and a half lime (you can save the rest for garnishing). Mix these ingredients together and season with salt.

5. Grill the quesadillas and serve them up!

Divide the mince mixture on one side of the tortillas and add the grated pumpkin and vegan cheese. Fold it over and grill the quesadillas on both sides for about 2 minutes until crispy and warm inside (If you don't have a grill you can also pan-fry them or bake them in the oven). Serve with the coriander salsa.

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