



# UCOOK

## Beef & Jalapeño Popper-style Quesadilla

with sour cream & sun-dried tomatoes

Super easy and super cheesy! These oven-baked tortilla pockets of yum are overflowing with caramelised onion, jalapeño slices, sour cream, grated mozzarella & cheddar, sun-dried tomatoes, and juicy beef schnitzel. Each bite will give you a mouthful of incredible flavour, in addition to an epic cheese pull!

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**Hands-on Time:** 10 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Fan Faves

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 Laborie Estate | Laborie Rosé 2023

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## Ingredients & Prep

1	Onion <i>peel &amp; finely slice ½</i>
5ml	NOMU Mexican Spice Blend
150g	Free-range Beef Schnitzel (without crumb)
2	Wheat Flour Tortillas
30ml	Sour Cream
20g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
20g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
40g	Grated Mozzarella & Cheddar Cheese
50ml	Avocado Hummus

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Tinfoil  
Sugar/Sweetener/Honey  
Paper Towel

**1. GOLDEN ONIONS** Preheat the oven to 220°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft and caramelised, 8-10 minutes (shifting occasionally). In the final 5 minutes, add ½ the NOMU spice blend, a sweetener, and seasoning.

**2. SIZZLING SCHNITTY** While the onion is caramelising, place another pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the remaining NOMU spice blend. Remove from the pan and season.

**3. IS THAT THE QUES?** Line a baking tray with tinfoil and lightly drizzle with oil. Place the tortillas on the tray and smear each tortilla with the sour cream. Top 1 of the tortillas with the caramelised onions, the schnitzel slices, the chopped jalapeños (to taste), the chopped sun-dried tomatoes, and the grated cheese. Sandwich the loaded tortilla with the remaining tortilla. Bake until the cheese is melted, 4-5 minutes. Remove from the oven and cut the quesadilla into 4 triangles.

**4. SAY "CHEESE!"** Arrange the cheesy quesadilla triangles on a plate and garnish with any remaining jalapeño (to taste). Serve the avo hummus on the side for dipping. Tuck in, Chef!



## Chef's Tip

Stove-top method: Place 1 of the tortillas in a pan over medium-high heat. Load it up with the fillings and close it up with another tortilla. Toast, 1-3 minutes per side.

## Nutritional Information

Per 100g

Energy	763kJ
Energy	182kcal
Protein	12.1g
Carbs	16g
of which sugars	3.4g
Fibre	2.2g
Fat	7.4g
of which saturated	3.1g
Sodium	308mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Cook  
within  
4 Days