



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!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Ella Nasser

 Fan Faves

 Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

2	Onions <i>peel & finely slice 1½</i>
15ml	NOMU Mexican Spice Blend
450g	Free-range Beef Schnitzel (without crumb)
6	Wheat Flour Tortillas
90ml	Sour Cream
60g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
120g	Grated Mozzarella & Cheddar Cheese
150ml	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, 10-12 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. You may need to do this step in batches.

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 3 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 tortillas with the remaining tortillas. Bake until the cheese is melted, 4-5 minutes. Remove from the oven and cut the quesadillas into 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