KIKKOMAN

Beef and mushroom quesadilla

Total time **10 mins** **5 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
2,680 kJ / 640 kcal

Fat: **29 g** Protein: **34 g**
Carbohydrates: **55 g**

INGREDIENTS

2 portion(s)

200 g	tinned chopped tomatoes
1	garlic clove, chopped
0.5	red chilli, chopped
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	vegetable oil
3 tbsp	sugar
3 tbsp	rice vinegar
0.5	onion, chopped
100 g	mushrooms
150 g	minced beef
2 g	chopped coriander
2	tortillas
100 g	grated cheese (e.g. Cheddar)

PREPARATION

Step 1

200 g tinned chopped tomatoes - **1** garlic clove, chopped - **0.5** red chilli, chopped - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **3 tbsp** sugar - **3 tbsp** rice vinegar
Blend the tinned tomatoes, garlic, red chilli and Kikkoman Soy Sauce. Pour the mixture into a small saucepan. Add the sugar and vinegar, then cook over a low heat, stirring frequently, until the sauce thickens.

Step 2

1 tbsp vegetable oil - **0.5** onion, chopped - **100 g** mushrooms - **150 g** minced beef - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 g** chopped coriander - **50 g** grated cheese (e.g. Cheddar)
Finely slice the mushrooms. Heat the oil in a pan and sauté the chopped onion for 1-2 minutes. Add the sliced mushrooms and cook for a further 3 minutes. Stir in the minced beef and the Kikkoman Soy Sauce, and cook until the meat starts to brown. Add the chopped coriander and 50 g of grated cheese, mix well, and set aside.

Step 3

2 tortillas - **50 g** grated cheese (e.g. Cheddar)
Place a tortilla in a dry pan. Spread the filling over one half, sprinkle with 50 g of grated cheese, then fold the tortilla over—or, if using two, cover with the second tortilla. Cook on both sides until golden and crispy. Serve with the spicy tomato sauce.