TORTILLA LAYER

Vegetarian Main: This recipe provides a portion of starchy food and a portion of non-dairy source of protein. It counts towards the standard to provide a portion of starchy food each day and portion of non-dairy source of protein for vegetarians at least three days each week.

Recipe adapted from: Derbyshire County Council

Ingredients

- 25ml (2 tbsp) vegetable oil
- 85g onion, peeled and finely chopped
- 2g (½ clove) garlic, peeled and finely chopped
- 800g canned tomatoes
- 40g tomato purée
- 720g (12 x 10" wraps for primary) or (8 x 12" wraps for secondary) tortilla wraps
- 600g vegetarian mince
- 55g onions, peeled and finely chopped
- 55g reduced-fat cheese, grated

Method

1. Pre-heat the oven to 180°C / 350°F / gas mark 4.
2. Heat half the oil in a pan, add the onions and cook until softened.
3. Add the garlic and cook for a further minute. Then add the tomatoes and tomato purée.
4. Stir all ingredients together and simmer for 20 minutes, stirring occasionally.
5. Remove the pan from the heat. Blend the sauce with the hand blender taking care when blending hot liquids.
6. Heat the remaining oil and add the remaining onions and vegetarian mince.
7. Reserve a third of the sauce for later. Add the remaining two-thirds of the sauce to the vegetarian mince. Cook until the core reaches the required temperature.
8. On a baking tray, place a tortilla, spoon a layer of the mince on top. Repeat with another layer of tortilla and then mince.
9. Top with the third tortilla, spread over one quarter of the reserved sauce and sprinkle with a one quarter of the cheese.
10. Repeat to make a further 3-4 stacks.
11. Bake for approximately 15 minutes until golden.

Serving suggestion: make into enchiladas by rolling the wraps instead of stacking.

Number of portions this recipe makes:
- 12 primary servings (200g)
- 8 secondary servings (295g)

Prep: 10 minutes
Cook: 1 hour 15 minutes

Allergy information:
Barley (gluten), milk, soya, wheat (gluten)

Top Tips
Add chilli powder and paprika to make it spicy.

Government Buying Standards for Food & Catering Services
Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose oils based on unsaturated fats, hard yellow cheese which has a maximum total fat content of 25g/100g and tortilla wraps with less than 1.0g salt per 100g.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/ww