



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 (2tbsp) 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 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.

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.

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