

Simply Quesadillas

Ingredients

large flour tortillas, 20cm/8in diameter
cheddar cheese, grated
sunflower oil, for greasing

For the filling:
tomatoes, chopped
spring onions, chopped
red chillies, chopped
courgettes, diced
Red onion diced
mushrooms, sliced
red and yellow peppers diced
avocado, chopped
black olives, pitted
Mixed bean salad
Ground Cajun spice
Crème Fraiche

Method

1. Lightly grease a large baking tray
2. Place the courgettes, peppers, spring onion, red onion, mushroom, black olives, mixed beans and cajun spice into a roasting tin with little oil and roast for 10 minutes
3. Once roasted add the avocado and chopped tomatoes and mix well
4. Place the tortillas onto the greased roasting tin. Add the filling and cover with grated cheese leaving 1 inch around the perimeter. Wet the perimeter with water and place another tortilla on top and grease well to prevent sticking.
5. Place in the oven 180c for 10 minutes or until golden brown.
6. Once baked cut into equal triangles and serve with crème fraiche.
7. Enjoy!