

MACE



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Veggie Quesadillas

Serves 2

I love these with a dollop of yoghurt but crème fraiche or soured cream would also work brilliantly. Use any salsa you have, fresh from a carton or use a jar or try making your own with some diced tomato, finely chopped fresh onion and plenty of seasoning. A drizzle of your favourite chilli sauce might also bring the whole dish to life, depending on how hot you like your food.



Ingredients

1 red onion
2 red peppers
2 garlic cloves
200g punnet cherry tomatoes
100g Cheddar cheese
400g tin kidney beans
1 tbsp rapeseed oil
2 tsp ground cumin
4 small wraps (wholemeal or white)

25g baby spinach leaves
4 tbsp shop-bought salsa
1 tbsp natural yoghurt
salt and freshly ground black pepper

Method

Preheat the oven to 200C / 400F / gas mark 6. Peel and thinly slice the red onion. Cut the peppers in half, then remove the seeds and core and thinly slice the flesh. Peel the garlic and use a garlic crusher or grate on the fine side of a box grater. Dice the cherry tomatoes and grate the cheese. Drain the kidney beans into a sieve in the sink and rinse under cold running water. Drain well.

Heat a frying pan over a medium to high heat. Add the oil and swirl up the sides. Tip in the onion and peppers and sauté for about 5 minutes until tender and just beginning to pick up a bit of colour.

Stir the garlic and cumin into the onion and pepper mixture and cook for another minute, stirring.

Place the wraps on baking sheets and divide the vegetable mixture among them. Spoon over the kidney beans and cherry tomatoes. Season to taste with salt and pepper, and then sprinkle the cheese on top. Place in the oven for 5 minutes until the cheese is beginning to melt and the bottom of the wraps are crisped up.

Transfer the quesadillas to plates and top each one with a small pile of the spinach leaves and put a tablespoon of the salsa on top with a dollop of yoghurt. Season with pepper to serve.

Prepare Ahead

The red onion and pepper mixture can be prepared and kept in a suitable airtight container for up to 3 days in the fridge or it could be frozen for up to 1 month.

