

Quesadilla

This is a quick and easy recipe utilising convenience shop bought ingredients. Simply follow this recipe to make a cheese & tomato quesadilla or jazz it up with whatever filling takes your fancy. I've listed some of my favourites at the end of the recipe.



Ingredients (serves 4)

4 tortilla wraps

about 4 tbsp of Bolognese sauce

100g grated mozzarella

a little oil for brushing (I like rapeseed oil, but vegetable or sunflower oil will also do)

Method

These can be baked in the oven or on a griddle pan if you have one.

Preheat the oven to 170C full fan. If you are using a griddle pan, preheat over a medium heat.

To bake in the oven, start by lining a large baking tray with baking parchment.

Lay the 4 wraps on a clean work top and spread half of each one with about 1 tbsp of the

Bolognese sauce. You can put a little more on if you like depending on the size of the wraps.

Then scatter over the grated mozzarella.

Fold each wrap in half, press each one down firmly with your hand, and then brush the top with a little oil.

Transfer to the baking sheet and bake in the preheated oven for around 8 - 10 minutes or until the wraps are golden brown and crispy.

To cook on the griddle pan, brush the pan with a little oil then place each wrap on the pan and cook for a couple of minutes on each side. Turn the heat down to low and keep cooking for a further 3 – 4 minutes to ensure the filling is hot and the cheese is melted.

Once cooked, slice in half and serve with a tossed salad, sour cream and guacamole. Or just eat it while its warm for a quick snack!

There are so many different fillings you can try in your quesadillas, these are some of my favourites:

Chicken, pesto & cheese – thinly slice cooked chicken breast and lay it on a wrap spread with pesto, then top with grated mozzarella and cook.

Borlotti beans, spicy tomato sauce & cheese

Smoked bacon & cheese

Variation: Make a 3 egg omelette to go inside your quesadilla for a slightly different take on breakfast.

Sweet potato and feta – peel, dice and cook the sweet potato in a pan over a medium heat with a little oil and season with salt, pepper and a teaspoon of ground cumin. Once it starts to colour, turn the heat down to low, barely cover with water and allow to simmer for 10 – 15 minutes until tender. Tip into a colander to remove any excess liquid. The sweet potato should now be ready for assembling the quesadilla, together with a handful of crumbled feta.