

Avocado, Black Bean & Mixed Veg Quesadillas

Served with

Rocket, Walnut & Avocado Salad

By Meg Greenacre

Per portion:

Calories - 1188 calories

Protein - 28g

Carbs - 122g

Allergens - Contains Gluten (Gluten free option) & Nuts

Makes 4 Portions

Quesadillas

2 tbsp Lime juice

2 tbsp Olive oil

2 tbsp Cumin

1 tbsp Smoked paprika

1 tbsp Chilli powder

3 cloves Garlic, finely diced

1 tsp Maple syrup

1 Pepper, sliced

1 Courgette, cubed

1/2 Red onion, sliced

1 Red chilli, finely diced

400g can Black beans, rinsed

160g Sweet corn

1/2 bunch Coriander, finely diced

2 Avocados, smashed

8 Tortilla Wraps

1. Mix together in a bowl & season with salt & pepper to make the marinade.

2. Add to the marinade, and toss to coat. (Optional - You can leave this to marinate for an hour).

3. Place a frying pan on high heat & drizzle oil to coat the pans surface.

4. Add the vegetable mix & cook (stirring often) until they have caramelised.

6. Add, mix to coat.

7. Lay the tortillas out on a surface.

8. Spread the avocado on one side of each tortilla. (Optional - Add grated cheese or a hot sauce). Season on top of the avocado with salt & pepper.

9. Apply an even layer of the vegetable mix on top of the avocado.

10. Fold the tortillas neatly in half & gently press to secure.

11. Heat the original pan with oil.

12. Place enough quesadillas in the pan to fit. Cook on one side, until golden brown, flip over to do the same on the other side. Remove from the pan & repeat until you've cooked all of the quesadillas.

Salad

1 tbsp Cider vinegar

3 tbsp Olive oil

1 tsp Wholegrain mustard

1 tbsp Lemon juice

1. Mix together & season with salt & pepper.

1 bag Rocket, washed

1 Avocado, smashed or cubed

2 handfuls Walnuts, roughly chopped

2. Add, mix to coat.

