



VEGGIE LOADED QUESADILLAS

Preparation time: 25 minutes

Cooking time: 10 minutes

Makes: enough for 4 people

For the Quesadillas:

Ingredients

1½ tbsp olive oil
4 spring onions, thinly sliced
400g tin mixed beans in water, drained
1 tbsp chipotle paste
1 Avocado remove stone and mashed
1 large or 2 medium sized Tomatoes deseeded and chopped small
4 flour tortillas
100g/3½oz cheddar, grated

For the dip:

4 tbsp soured cream (optional)
1 lime, juice only (optional)
handful fresh coriander, to garnish (optional)

What to do:

- Heat the oven to 120C/100C Fan/Gas ½.
- Heat ½ tablespoon of oil in a frying pan over a medium heat.
- Add the spring onions and cook for 2 minutes, until beginning to soften.
- Add the beans and the chipotle paste stir well.
- Using a potato masher or fork, crush the beans to a rough purée. Add the chopped tomatoes.
- Transfer the bean and tomato mixture to a plate and wipe out the pan.
- Remove the stone and the flesh and mash up the avocado with a fork in a bowl.
- Add half a tablespoon of the oil to the pan over a low heat and gently wipe with a piece of kitchen paper.
- Put one tortilla in the pan and top with an even layer of grated cheese.
- Spoon over half the bean mixture and avocado and top with another even layer of cheese (the cheese acts as glue).
- Place a tortilla on top of the cheese, then press down with a spatula and cook for 3–4 minutes, or until the underside is golden.
- Flip over the quesadilla and cook for a further 3–4 minutes.
- Place on a baking tray and transfer to the oven to keep warm.
- Repeat step three with the remaining ingredients.
- If making the sour cream dip, mix the soured cream and lime juice together in a bowl. Cut the quesadillas into quarters and drizzle over the lime soured cream. Sprinkle with the coriander, if using, and serve.

