Avocado, Black Bean & Mixed Veg Quesadillas

Served with

Rocket, Walnut & Avocado Salad

By Meg Greenacre

Per portion:

Calories - 1188 calories

Protein - 28g

Carbs - 122q

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

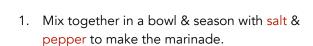
400g can Black beans, rinsed

160g Sweet corn

1/2 bunch Coriander, finely diced \int 6. Add, mix to coat.

2 Avocados, smashed 1

8 Tortilla Wraps



- 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.

- 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 bag Rocket, washed

1 Avocado, smashed or cubed

2 handfuls Walnuts, roughly chopped

1. Mix together & season with salt & pepper.