

Vegetable Quesadilla



Ingredients list

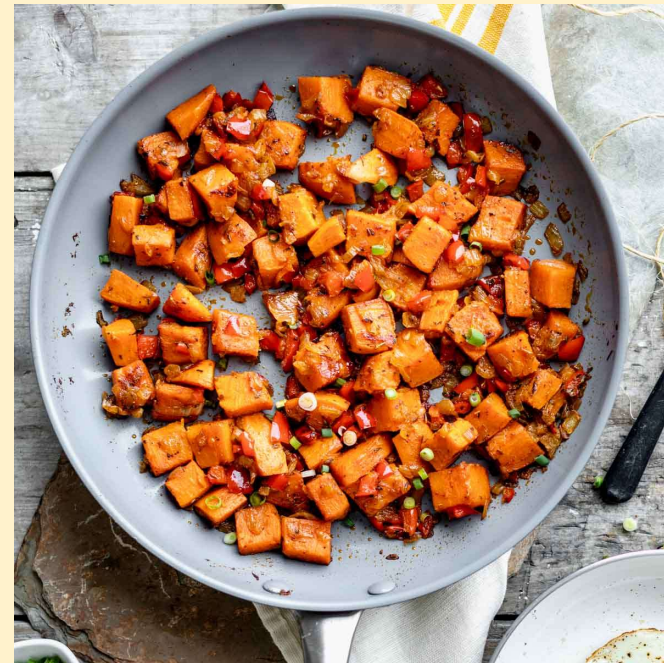
- 1/2 Sweet potato,
- 1/2 Bell peppers
- 1/2 Red onion
- 1/2 can Sweetcorn
- 1/2 can Black beans
- 1tsp Ground cumin
- 1tsp Chili powder
- 1tsp Cajun
- 2 large tortilla wraps (wholemeal add the most nutrition!)
- 1tbsp Oil
- 75g Grated cheddar cheese

Equipment list

- Plastic spoon
- Plastic spatula
- Frying pan
- Brown chopping board
- Sharp knife
- Peeler

Method

1. Peel and dice your sweet potatoes, pepper and onion.
2. Using your frying pan, add 1 tbsp of oil and sauté your sweet potato.
3. Once the sweet potato is soft, add your diced pepper and onion. Sauté until soft.
4. Season the veggies with your desired amount of Cumin, Cajun and Chilli powder (the more you use, the spicier it will be!)
5. Add your black beans to the mix and stir to combine.
6. We will use the same sauté pan to cook the quesadillas, so transfer the veggies to a separate plate and give the pan a quick rinse before continuing.



Method

In a **CLEAN** frying pan.

7. Place a tortilla in the pan and then sprinkle your cheese over half of the wrap.
8. Spoon the veggie mixture onto half of the tortilla, then fold over the other side to make a half-moon. **DON'T OVERFILL!**
9. Cook until the bottom side of the quesadilla is lightly golden and toasted, then flip and cook on the second side.
10. Transfer to a chopping board and slice into triangles.
11. Repeat with the second tortilla and remaining veggie mix.

