

Difficulty:
Easy



Time:
30 minutes



Quesadillas



Allergens: Gluten, Dairy

What is it?

A very tasty crunchy cheesy wrap with a gentle warmth (not spicy).

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Potato	1/2	1	1
Pepper	1/2	1	1
Red onion	1/2	1	1
Sweetcorn	50g	75g	100g
Mushrooms	50g	75g	100g
Black beans	1/2 tin	3/4 tin	1 tin
Cumin	1/2tsp	3/4tsp	1tsp
Chilli powder	pinch	pinch	1/2tsp
Cheese	100g	120g	150g
Coriander	2 sprigs	3 sprigs	4 sprigs
Wraps	2	3	4

**AVERAGE COST
PER PERSON**
£0.78
PLUS TOPPINGS

Kit list:

- Mixing bowl
- Frying pan

Make it your own!

Serve with a side salad or wedges and all your favorite toppings!

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Heat 1 tbsp of oil in a large fry pan finely dice your potatoes and add to the oil cook until tender and browned, place in a bowl and set aside.

Step 2: dice the rest of the vegetables and add to the fry pan with a bit more oil cook for 4-5 minutes. Drain and rinse the beans.

Step 3: Add the potatoes, beans, chilli powder and cumin cook for a further 2 minutes place them all in a bowl and set aside.

Step 4: Wipe the fry pan clean and place back on the heat. Add a wrap, sprinkle with some grated cheese and bean mix to half the wrap add some chopped coriander.

Step 5: Fold the wrap and cook one side till its crispy , flip the wrap and cook the other side

You can keep wraps warm in an oven set low whilst you cook the rest .



What did you think of this recipe? Colour in the stars to give it a rating!

