Veggie quesadillas

Quesadillas are cheap, quick and easy to make, full of fibre and packed with veggies and melted cheese!

Makes: 10 portions • Preparation time: 30 minutes

Ingredients

- 1 medium sweet potato
- 2 medium carrots, grated
- 4 tbsp sweetcorn
- 4 tablespoons fresh coriander, finely chopped
- 1/2 can (200g) of mixed beans
- 4 spring onions, trimmed, sliced
- 1 tsp smoked paprika
- 2 tsp dried oregano
- 2 tsp dried chilli flakes (optional)
- 4 large whole wheat wraps
- 60g cheddar, grated
- 2 tsp vegetable oil for frying

Equipment

- Forks
- Tablespoons
- 2 Mixing Bowls
- Scissors
- Grater
- Large Frying Pan

Method

1. Poke the sweet potato with a fork a few times and microwave on high for 5 minutes until soft. Allow it to cool to the touch.
2. Spoon the flesh out from the sweet potato and mash with a fork to remove any lumps.
3. Combine the sweetcorn, grated carrot, coriander, spring onion, smoked paprika, oregano and chilli flakes to the bowl.
4. Lay the tortillas out on a clean work surface. Spread the mixture out using the back of a spoon to completely cover the tortilla. Sprinkle over the cheese.
5. Place another tortilla wrap on top of the mixture. Gently press down to form a sandwich.
6. Heat a little of the oil in a large frying pan over a medium heat. Add the quesadilla to the pan and fry for 3-4 minutes on each side, until the tortilla is crisp and golden-brown on both sides and the cheese has melted.
7. Remove from the pan carefully and cut into five portions.