



Veggie Tex-Mex Quesadillas

(Makes 4-6 servings - leftovers can be kept in the fridge for up to 2 days)

Ingredients - Tex-Mex Filling

1 Tbsp sunflower or vegetable oil
1 small white onion (about 80g), finely diced
1 red pepper (about 175g), finely diced
1 can black beans (about 425g), rinsed & drained
2 cloves of garlic, crushed
1 tsp cumin
1/2 tsp smoked paprika
1 tsp dried chili flakes (optional)
Salt & freshly ground black pepper to taste
1 handful (about 25g) of coriander leaves, roughly chopped

Ingredients - Quesadillas:

4 wholewheat flour tortillas
300g cheddar cheese, grated
Greek yoghurt, to serve (optional)

Instructions

Warm 1 tablespoon of the oil in a frying pan over a medium to high heat. Add the onions, red pepper and a pinch of salt to the pan. Saute for 3-5 minutes until softened.

Add the black beans, cumin, chili and garlic. Saute for another 5 minutes. Taste and add freshly ground black pepper and more salt if needed.

Remove from the heat and stir through the coriander leaves. Set aside to cool.

Lightly oil a large frying pan and warm over a medium heat. Place a tortilla into the pan and evenly spread about half of the cooled filling onto the tortilla.

Sprinkle a handful of cheese across the top. Place a second tortilla on top and cook for about 4 minutes until the bottom tortilla is golden brown. Flip the quesadilla and cook for a further 3 minutes on the other side. Transfer to a plate and lightly cover with a tea towel to stay warm.

Repeat all steps above to make 4 x quesadillas.

Cut each quesadilla into quarters and serve immediately with a spoon of yoghurt on the side.