

Easy Quesadilla



A quick and healthy breakfast, lunch or... snack!

Ingredients

2 spring onions, chopped
1 tbsp fresh coriander, roughly chopped
1 cup light tasty cheese, grated
200 g refried beans
100 g cherry tomatoes, quartered
4 large wholemeal tortillas
extra virgin olive oil for cooking

Method:

1. In a large mixing bowl, add the spring onions, coriander, cheese, and refried beans. Stir to combine.
2. Add half the quesadilla mix onto one tortilla, spread evenly, add half the cherry tomatoes, then place another tortilla on top to sandwich the mix in between. Repeat, to make a second

quesadilla.

3. In a large frying pan or skillet over low-medium heat, drizzle a bit of olive oil and carefully place the filled tortillas and cook until both sides are crispy and the cheese has melted.
4. Serve with a guacamole.