

Quesadillas

directions

1. On one tortilla, sprinkle half of the cheese and all of the chicken.
3. Dice the pepper and lay it on top of the cheese and chicken.
4. Sprinkle the remaining cheese and the coriander on top (the cheese will help the other tortilla to stick!).
5. Place the second tortilla on top.
6. With an adult, heat a large non-stick frying pan, then cook the tortilla, with no oil.
7. Flip it over (carefully!) and cook on the other side till it is a nice golden colour.
8. Cut the tortilla into quarters or eights and serve with a cool salad or some salsa and sour cream.

ingredients

- 2 plain tortillas
- 75g cooked chicken
- 75g Cheddar cheese
- 1 green or red pepper
- A tablespoon of chopped coriander

Makes 8 slices -
serves 1-2
(depending how
hungry you are!)

Difficulty: 2/3



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