

## Chicken Quesadillas with Tomatoes and Vegetable Sticks

Serves 18

Ingredients	
2 tbsp (30g) sunflower oil	500g minced or diced chicken or turkey mince
1 (100g) red onion	500g minced or diced chicken or turkey mince
20g fresh coriander	250g tinned tomatoes
1 (100g) carrot	100g frozen sweet corn
1/2 (60g) leek	6 tortilla wraps
1 (25g) stalk celery	80g grated cheese
1 (25g) stalk celery	10g sunflower oil for brushing
1 beaten egg for sealing	400g carrot and cucumber sticks

- Method:
- First make filling by finely chopping the onion, carrot, leek, and celery. Heat the oil in a saucepan and add the chopped vegetables, gently soften the vegetables for 10 minutes. Meanwhile crush the garlic and slice mushrooms. Add these to the softened vegetables and continue to cook until soft.
- Add the tomato puree and chicken or turkey and cook for a further 2 minutes.
- Add the tomatoes and the frozen sweet corn, bring to the boil and then simmer until the chicken or turkey is cooked.
- Using 2 wraps make a sandwich with the filling, grated cheese and chopped coriander then seal the edges with egg or water.
- Brush with oil and bake in the oven on baking parchment until brown and puffed (about 12 minutes)
- Cut into 4 triangles (1 per portion)



- ✓ COOK'S TIP: PREPARE EXTRA CARROT AND MUSHROOMS AND MAKE A PUREE FOR WEANING DIETS.
- ✓ FOR VEGETARIANS OMIT THE CHICKEN OR TURKEY AND USE VEGGIE MINCE
- ✓ FOR DAIRY FREE OMIT CHEESE AND USE DAIRY FREE CHEESE
- ✓ FOR EGG FREE OMIT EGG AND USE MILK TO SEAL TORTILLA
- ✓ FOR WHEAT FREE DIETS SERVE FILLING WITH RICE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
341	19.5	10	47	0	0.9	2	165