


## Vegetable Quesadillas with Tomatoes and Vegetable Sticks

**Serves 18**

Ingredients	
<b>2 tbsp (30g) sunflower oil</b>	<b>250g canned, chopped tomatoes</b>
<b>100g redo onion, chopped</b>	<b>20g tomato puree</b>
<b>20g fresh coriander</b>	<b>100g frozen sweetcorn</b>
<b>60g leek, finely sliced</b>	<b>6 tortilla wraps</b>
<b>100g carrot, peeled and grated</b>	<b>80g grated cheddar cheese</b>
<b>1 clove (6g) garlic</b>	<b>10g sunflower oil</b>
<b>100g mushroom, sliced</b>	<b>1 beaten egg</b>
<b>200g lentils, canned in unsalted water</b>	<b>400g mixed peppers, sliced</b>

- 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 lentils and cook for a further 2 minutes.
  - Add the tomatoes and the frozen sweet corn, bring to the boil and then simmer for 5 minutes.
  - 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)
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- ✓ COOK'S TIP: PREPARE EXTRA CARROT AND MUSHROOMS AND MAKE A PUREE FOR WEANING DIETS.
  - ✓ FOR VEGETARIAN DIETS USE VEGETARIAN CHEESE AND USE MILK TO SEAL TORTILLA
  - ✓ FOR DAIRY FREE OMIT CHEESE AND USE DAIRY FREE CHEESE
  - ✓ FOR EGG FREE OMIT EGG AND USE MILK TO SEAL TORTILLA
  - ✓ FOR WHEAT FREE SERVE THE 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