

# Simple Quesadilla

10 minutes preparation

10 minutes cooking

Per portion

## INGREDIENTS

**40g grated cheddar cheese**

**1 medium carrot grated**

**1/4 pepper thinly sliced**

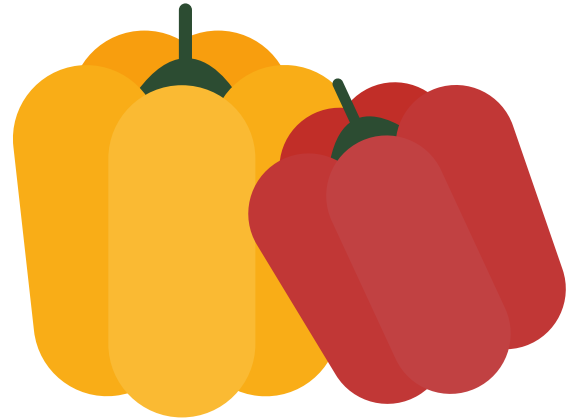
**25g tomato passata**

**1 medium salad tomato diced**

**2 wraps**

## METHOD

1. Lay out 2 wraps on a clean work surface.
2. Spread the tomato passata using the back of a spoon over both wraps and make sure you go all the way to the edges.
3. Top one of the wraps with the grated cheese, grated carrot and thinly sliced peppers.
4. Then dice the tomato and sprinkle evenly across the wrap.
5. Take the wrap you haven't topped and make a sandwich, so both wraps are on top of one another with the filling in the centre
6. Place the Quesadilla on greased baking tray.
7. Bake in oven at 180° C the cheese has melted for 5-10 minutes maximum.
8. Slice into four and serve 2 per portion.



**Add roasted butter squash and onions.**

**Swap out the grated carrot and sliced tomatoes for strips of cooked chicken or beef.**