

Chicken quesadillas

Ingredients (serves 4 small serving)

For the tortilla wraps;

- 175g plain flour
- 7 tbsp cold water
- 1 tbsp olive oil
- milled black pepper
- herbs to taste (we chopped rosemary)

For the filling;

- 1 tbsp oil
- 1 skinless chicken breast (cut into strips)
- 1 onion, sliced
- 1 red pepper (small), chopped
- 1 yellow pepper (small), chopped
- broccoli
- 50g cheese (hard cheese), grated
- garlic (1 clove), chopped
- why not experiment with herbs spices and other vegetables!

Method



1. Mix the ingredients for the tortilla wraps together and knead for 5 minutes.
2. leave in a bowl covered with a damp cloth for 30 minutes while you prepare the filling for cooking
3. Divide the dough into 6 balls and roll each one out into very thin rounds
4. Heat the oil in a frying pan or wok until hot
5. Add the onion and chicken and cook on a high heat for about 3 minutes, turning regularly
6. Add the spices and garlic if using and continue to stir around for a couple more minutes
7. Add the peppers and cook on a medium heat until the vegetables have softened (check the chicken is cooked through if your chicken is sliced thickly) - normally around 5 minutes
8. Heat some oil in a frying pan and cook the tortillas for one minute each side.
9. Sprinkle some of the grated cheese on one of the tortillas, add some hot topping and place another tortilla on top.
10. Place the quesadilla back into the hot frying pan for 1 minute to allow the cheese to melt.
11. Remove from the pan and cut into slices, like a pizza (pizza wheels cut them up well!)
12. Enjoy straight away. If there are any left over store in the fridge and place under a hot grill, turning once to reheat (or try the microwave!)