



Home Style Quesadilla with Guacamole and Tomato Salsa

Ingredients

Quesadilla:

- 500g sliced chicken breast or thigh
- 1 medium onion thinly sliced
- 1 cup of capsicum sliced (any colour)
- 300g corn
- 1 cup shredded cheese
- 1 taco seasoning sachet
- 2 tablespoons olive oil
- 8 wholegrain tortillas

Guacamole

- 2 ripe avocados
- 1/4 teaspoon of salt, more to taste
- 1 tablespoon fresh lime juice or lemon juice
- 1/4 cup of minced red onion or sliced green onion
- 1/4 teaspoon fresh minced chilli
- 2 tablespoons Coriander, finely chopped
- Freshly grated black pepper
- 1/2 ripe tomato, seeds and pulp removed, chopped

Tomato Salsa

- 2 to 3 medium sized fresh tomatoes
- 1/2 red onion
- 1/4 teaspoon minced chilli
- Juice of one lime
- 1/4 cup chopped Coriander
- Salt and pepper to taste

Method

Quesadilla:

1. Place chopped chicken and taco seasoning sachet into bowl and mix, set aside
2. Heat 1 tablespoon of olive oil in frying pan and add onion and capsicum, cook until soft., set aside
3. In the same pan, add chicken and seasoning Mix, add a small amount of water and stir until chicken is cooked through, add corn and heat
4. Lay out your tortillas and place enough chicken and corn mixture on each tortilla, top with the onion and capsicum and then top with cheese
5. Fold over the tortilla and cook on flat grill until crispy on the outside and cheese has melted.

Guacamole

1. Mash avocado with a fork, add the lime juice and salt, mix through
2. Add chopped onion, coriander, black pepper and chilli
3. Mix until well combined - if you are serving this later, place in a bowl immediately and cover with glad wrap to avoid avocado from going brown.

Tomato Salsa

1. Finely chop the tomatoes, onions and coriander and mix.
2. Add the lime juice, chilli and season with salt and pepper