



Tuna Quesadilla



Great Because...

Perfect for weaning toddlers and all the family!

Prepare in... 4 mins

Cooks in... 6 mins

Serves... 2

Ingredients

- 4 tablespoons tomato purée
- 2 large tortilla wraps
- 75g tinned tuna, drained
- 50g frozen sweetcorn
- 50g frozen peas
- ½ courgette, grated (squeeze in a muslin or tea towel to drain excess moisture)
- ¼ red pepper, de-seeded and finely diced
- ¼ green pepper, de-seeded and finely diced
- 75g cheddar cheese, grated
- 50g mozzarella cheese, finely diced or grated
- 1 tablespoon olive oil

How To Make

1. Spread the tomato purée evenly across one of the wraps and then sprinkle the tuna, sweetcorn, peas, courgette and peppers over the top
2. Sprinkle the cheeses evenly across all the filling and then place the second wrap on top
3. In a frying pan, heat the oil over a medium heat and then carefully place the quesadilla into it and allow it to cook for approximately 3 minutes
4. After 3 minutes, use a large dinner plate or spatula to carefully flip the quesadilla and then cook the other side for 2-3 minutes
5. Allow the quesadilla to cool and then cut it into wedges to serve. Please ensure that the quesadilla filling has cooled prior to serving as the centre will retain heat.

