

QUESADILLAS and salsa

15 mins preparation | 10 mins cooking

Serves 5



Ingredients

- 1 tin tuna (425g), drained
- 1 tin corn kernels (410g), drained and rinsed
- 1 red capsicum, seeded and finely diced
- 1 ½ cups of light grated cheese
- 5 wholegrain tortillas
- Spray oil

Salsa:

- 2 tomatoes, diced
- ¼ red onion, finely diced
- ¼ bunch coriander, finely sliced
- ½ avocado, diced (optional)
- 1 lime, cut in half

Method

1. In a bowl combine the tuna, corn and capsicum. Mix until combined.
2. To prepare the salsa, combine the tomato, onion, coriander and avocado (optional) in a separate bowl. Squeeze the juice from the lime halves over the mixture and stir to combine.
3. Spray an electric frypan with oil. Place three tortillas flat in the pan on medium - low heat.
4. Place approximately 2 tbsp of tuna mixture on each tortilla and spread over one half of the tortilla.
5. Top the tuna mixture with cheese and fold the empty side of the tortillas over. Cook for 1 - 2 minutes or until the tortilla is toasted.
6. Flip the tortilla over and cook on the other side for 1 - 2 minutes or until the tortilla is toasted.
7. Repeat with the remaining tortillas and tuna mixture.
8. Slice Quesadillas into 4 pieces. Serve with salsa on the side.