



# CHICKEN QUESADILLAS

WITH GUACAMOLE

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 45 minutes

These crispy chicken quesadillas are stuffed with a fajita-style filling and plenty of cheese, of course! Serve with a pile of greens and the usual Tex Mex accompaniments - sour cream and avocado.



## QUESADILLAS

- 550g chicken tenderloins (1lb 3oz)
- 2 red capsicums
- 1 brown onion
- 2 cloves garlic
- 2 tomatoes
- 1 tsp olive oil
- 1 1/2 tsp ground cumin
- 1 1/2 tsp paprika
- 1 tsp ground coriander
- 3 Tbsp tomato paste
- 3 Tbsp water
- 1/2 tsp sugar
- 8 flour tortillas
- 1 1/2 cups grated Colby cheese (150g)
- Cooking oil spray

## TO SERVE

- 1 avocado
- 1/3 cup lite sour cream (80ml)
- 40g Mediterranean rocket (1.4oz)
- 2 handfuls fresh coriander *optional*
- 1 lime *optional*

## 1. PREPARE INGREDIENTS

Cut chicken into small strips and season with salt and pepper. Thinly slice capsicums and onion. Crush garlic. Dice tomatoes.

## 2. COOK QUESADILLA FILLING

Heat oil in a large frying pan or wok on high. Add chicken and stir fry until browned all over. Add capsicum, onion and garlic and stir fry for 3-4 minutes, until capsicum and onion have softened.

3. Reduce heat to medium and stir in cumin, paprika and coriander. Cook for 1 minute. Add tomato paste, water, sugar and diced tomatoes. Simmer for a couple of minutes. Season to taste with salt and pepper and remove from heat.

## 4. ASSEMBLE QUESADILLAS

Preheat oven to 100°C (210°F) fan bake and line a large oven tray with baking paper. Sprinkle cheese onto one half of each tortilla. Top with chicken mixture and fold other half of tortilla over the top.

5. Grease a large frying pan with cooking oil spray. Add quesadillas (you should be able to fit two in the pan) and cook until golden, about 2 minutes. Carefully flip over and cook other side. Transfer to prepared tray and place in oven to keep warm while you cook remaining quesadillas.

## 6. SERVE

While quesadillas cook, mash avocado and season with a little salt and pepper. Cut quesadillas in half and divide between individual serving plates. Top with avocado and sour cream. Sprinkle rocket and coriander over the top. Serve with wedges of lime, if using.



**WINE MATCH:** An oaked Chardonnay.

## **CHICKEN QUESADILLAS RECIPE NOTES**

**GLUTEN-FREE OPTION:** Use gluten-free tortillas or wraps.

**INGREDIENT SWAPS / NOTES:** Boneless skinless chicken breasts or thighs will work instead of tenderloins. You could swap the rocket for any salad greens, or leave it out altogether.

**STORING AND REHEATING:** Store quesadillas separate from serving ingredients. They are best reheated in a frying pan, toasted sandwich maker or oven, so the outsides are nice and crisp. Add serving ingredients just before eating.