



SUMMERY VEGETARIAN QUESADILLAS

WITH THREE CHEESES

DIFFICULTY: Easy | SERVES: 4 | READY IN: 50 minutes

Cheese lovers - this meal is for you! These vegetarian quesadillas are fresh and summery, with three cheeses, lots of zucchini and a cherry tomato salsa.



QUESADILLAS

- 3 zucchini
- 2/3 red onion
- 1 clove garlic
- 1 cup frozen shelled edamame beans (155g)
- 250g ricotta cheese (8.8oz)
- 100g feta cheese (3.5oz)
- 100g grated Colby cheese (3.5oz)
- 1 tsp dried Italian herbs
- 2 tsp olive oil, divided
- 8-10 flour tortillas
- Cooking oil spray
- Lemon wedges, to serve

CHERRY TOMATO SALSA

- 250g cherry tomatoes (8.8oz)
- 1 zucchini
- 1/3 red onion
- 1 large handful fresh basil leaves *optional*
- 1 Tbsp olive oil
- 1 Tbsp lemon juice

1. MAKE QUESADILLAS

Peel, spiralise or thinly slice zucchini into wide ribbons and season with a little salt and pepper. Finely dice onion and crush garlic. Place edamame in a heatproof bowl and pour boiling water over to cover.

2. Spoon ricotta into a medium-large bowl. Crumble in feta. Add Colby, onion, garlic and herbs. Stir well to combine and season to taste with salt and pepper.

3. Heat 1 teaspoon oil in a large chargrill pan on medium-high (alternatively, use a regular frying pan or barbecue). Add half the zucchini and stir fry for a couple of minutes. Remove from pan. Repeat with remaining teaspoon oil and zucchini.

4. Drain edamame. Spread ricotta mixture on half of the top of each tortilla. Top with zucchini and edamame. Fold the other half of the tortilla over to enclose (you should form 8-10 quesadillas).

5. Wipe out the pan used to cook zucchini and spray with cooking oil spray. Heat on medium-high. Cook quesadillas in batches, for 1-2 minutes each side, until crisp. Keep warm on a rack in the oven if needed (about 100°C / 210°F fan bake). Quesadillas can also be cooked on the barbecue.

6. PREPARE SALSA

Meanwhile, slice tomatoes into quarters. Finely dice zucchini and onion. Roughly chop basil, if using. Place in a bowl and drizzle with oil and lemon juice. Season with salt and pepper and toss to combine.

7. SERVE

Serve quesadillas with tomato salsa and lemon wedges.



WINE MATCH: A Sauvignon Blanc.

SUMMERY VEGETARIAN QUESADILLAS RECIPE NOTES

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

INGREDIENT SWAPS / NOTES: Use mozzarella instead of Colby if you like your cheese a bit oozier!

STORING AND REHEATING: Refrigerate quesadillas and salsa separately. Quesadillas can be reheated in the microwave. For crispier outsides, use a toasted sandwich press or reheat in a frying pan (you can microwave briefly first to warm the insides, to avoid overcooking in the pan). Add salsa and lemon wedges just before serving.