

Salsa Chicken & Cheese Quesadilla

Ingredients:

- 2 chicken breast
- 2 teaspoons Cajun spice
- 4 flour tortilla wraps
- ½ pepper
- 3 spring onions
- 100g grated cheese
- 2 tomatoes
- 1 clove garlic



Method:

1. Chop chicken into small bite-sized strips
2. Chop the spring onions, pepper and tomatoes into small chunks. Crush the garlic. Place all the veg into a bowl. Season with the cajun spice.
3. Cook the chicken fully in a wok for 7-10 minutes. Add all the veg and cook for a further 3 minutes.
4. Place oil in a frying pan. Place one tortilla wrap on the pan. Layer with half the salsa chicken mix. Top with grated cheese and then finally a second tortilla wrap.
5. Return to a medium heat. When the tortilla wrap is lightly golden and crispy, place a plate on top of the quesadilla and carefully flip. Transfer it from the plate back onto the frying pan to cook the other side. Cook until golden and crispy. Remove from the heat and repeat with the other 2 wraps and remaining mixture.
6. Cut into triangles and enjoy!