

Mexican Toasties

Ingredients

- 4 tortillas
 - 1/2 tin kidney/black beans
 - 1/2 a pepper
 - 1 carrot
 - 1/2 tin sweetcorn
 - 1 clove of garlic
 - 10ml oil
 - Handful of grated cheddar
 - Pinch of cumin/oregano
- For the topping:
- Handful of tomatoes
 - Handful of almonds/pumpkin seeds
 - Greens that don't need cooking; cucumber, herbs, salad, spinach
 - Squeeze of lemon



Method

- 1 In a bowl, mix the beans, pepper, carrot, sweetcorn, grated cheese and cumin.
- 2 Use a masher to break up the beans in the mixture.
- 3 Lay the tortillas out and put the beany mixture in the middle of one of them, spread it out within a centimetre of the edge. Sit the other tortilla on top and push it down to squish it a bit.
- 4 Put a non-stick frying pan big enough to hold a tortilla on a low/medium heat. Add a little oil and then the tortilla sandwich. Cook for 3-4 minutes a side, pushing down with a spatula to flatten it.
- 5 Meanwhile for the topping, de-seed and chop the tomatoes nice and small, add a squeeze of lemon and any glorious greens you have and can add in.
- 6 Get a grown-up to help you flip the tortilla over so the other side can cook.
- 7 Once cooked on both sides, move it onto a plate or chopping board and toss the flaked almonds into the pan to toast for a couple of minutes.
- 8 Cut your quesadilla into 6, tip the toasted almonds in with the chopped tomatoes, give it a mix and spoon it all over the top. Fiesta Flavours!

