

## Quesadillas

*makes 6 - 8*

*This has become an absolute favourite dinner in our home! And it's so easy!*

### **INGREDIENTS**

- 1 can black beans - drained well
- 1 can sweetcorn - drained well
- 2 cups wilted spinach - drained well
  - 1.5 cup grated cheddar cheese
  - 3 spring onions finely chopped
- Small bunch coriander finely chopped
  - 1 tsp chilli
  - 6-8 tortillas

### **METHOD**

- Firstly, make sure the black beans, sweetcorn and spinach are drained well. This is important because otherwise the mix will be too watery. Mix all ingredients together in a bowl. Make sure it's well mixed.
- Divide the mixture equally between your tortillas and fold each in half
  - Dry fry in a non-stick pan over a medium heat for a few minutes each side
    - Cut into triangles and serve
  - Tonight we served with a little mountain of guacamole (because guacamole makes everything even better) and cherry tomatoes - Leo can't get enough of them!