



## IN THE KITCHEN

# Quesadilla

### Ingredients (for 1 quesadilla):

- 1 tortilla
- 1 large handful of cheese (grated)
- A selection of your favourite fillings (chopped) (e.g. tomatoes, onion, ham, chicken)

### You'll also need:

- A frying pan
- A spatula (or similar)

### Method:

- Heat a dry frying pan over a medium heat and carefully place in the tortilla

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- Sprinkle half the cheese over half of the tortilla, leaving the other half plain
- Add in the fillings you have chosen. This can also be made with just the cheese
- Top with the rest of the cheese
- Using a spatula, carefully fold over the plain side of the tortilla so that you have a half moon shape
- Allow to cook for a few minutes per side until the cheese is nicely melted

**TOP TIP:**  
Enjoy with a  
colourful salad or  
even a bowl  
of soup

