

Serves 2

Preparation time: 5 minutes

Cooking time: about 6 minutes

INGREDIENTS

2 soft flour tortillas

75g (2¾oz) canned tuna, in brine, drained

60ml (4tbsp) tomato salsa

2 spring onions, chopped

55g (2oz) tinned sweetcorn

small red or yellow pepper, deseeded and chopped

75g (2¾oz) Edam cheese, grated

olive oil, for brushing

TUNA QUESADILLAS WITH EDAM

QUESADILLAS ARE SIMPLE TO PREPARE AND MAKE A GREAT SNACK OR LIGHT LUNCH. THIS ONE COMBINES TUNA WITH SPICY SALSA, CRUNCHY SWEETCORN, PEPPERS AND MELTED CHEESE. SERVE IN WEDGES WITH SALAD.



1. Lay out one of the tortillas on a board and spread with the salsa. Sprinkle over the tuna, spring onions, sweetcorn, pepper and Edam. Place the second tortilla on top and press down.
2. Brush a large frying pan with the oil. Add the quesadilla and cook over a moderate heat for 2-3 minutes. Press down with a spatula until the Edam starts to melt.
3. Place a large plate over the frying pan and invert the quesadilla onto the plate. Return to the pan and cook the other side for 2-3 minutes. Remove from the pan and cut into wedges. Serve with a mixed salad of grated carrot, cabbage and sultanas.



CHEFS TIPS

- Try different fillings - you could substitute the tuna for some cooked, diced chicken, turkey or ham.
- For an extra treat serve with soured cream and guacamole.