



Chicken, Avocado and Tomato Quesadillas

List of ingredients

2 lean chicken breasts or 4 thighs
1 teaspoon oil
8 small tomatoes, cut into small slices
4 tablespoons coarsely grated cheddar
Salt and pepper
A little oil to grease the fry pan
4 round flour tortillas (20cm diameter)
1 avocado, cut into small slices

Feeds 4 people.

Serve as a lunch or cut into bite-size pieces as a snack.

How to prepare the dish

1. Cut the chicken into thin strips.
2. Heat the oil in a large frying pan and add the chicken slices. Cook about 4 minutes each side. Check they are cooked through by cutting 2 of the thick pieces in the centre and checking they are not pink. Place in a bowl and leave to cool.
3. Add the tomato slices, grated cheddar, salt and pepper and stir till well combined.
4. Preheat the oven to 120°C.
5. Wash, dry and lightly grease the fry pan and place over medium high heat.
6. Place 1 tortilla in the fry pan, place $\frac{1}{4}$ of the chicken mixture over $\frac{1}{2}$ of the tortilla and add a few slices of avocado on top of the chicken.
7. Fold the tortilla in half forming a semi-circle and cook for 2 minutes or until golden on the bottom. Turn and cook for a further 1-2 minutes or until golden and heated right through.
8. Transfer to a baking tray and place in oven to keep warm.
9. Repeat with the remaining tortillas and chicken mixture.