



Roast Pepper & Chicken Quesadillas

This is sure to be a family favourite. It is very easy to make and only takes 20 minutes to prep and cook! You can add some chili sauce from your own cupboard if you are like it spicy - just put it in the middle with the cheese before you bake it. Our spice mix provides that Mexican taste without packing the heat!

Ingredients

- Chicken Fillet (Diced)
- Roasted Red Pepper
- White Onion
- Garlic Cloves
- Cannelini Beans
- White Cheddar
- Tortilla Wraps
- Spice Mix
 - Smoked Paprika
 - Ground Cumin

Your Pantry

- Olive Oil
- Greaseproof Paper

Nutritional Info

Calories: 759 kcal
Carbohydrates: 78.6 g
Protein: 74.6 g
Fat: 16.2 g

Allergens


[Milk \(Cheese\)](#)
[Wheat \(Tortilla\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Preheat the oven 180°C**

2) **Prepare the ingredients**

Peel and finely slice the onion. Crush the garlic. Drain and rinse the beans with cold water.

3) **Fry the chicken**

Add some oil to a large pan over a medium heat. Lightly fry the onion for 2-3 minutes. Drop in the chicken and garlic. Cook for 5-6 minutes.

4) **Add the vegetables**

After the chicken has been cooking for 5-6 minutes, add the peppers and beans and cook for 4-5 minutes. Next add the spice mix and cook for another minute. Remove from the heat.

5) **Put the quesadillas in the oven**

Layer some greaseproof paper on a large roasting tray. Lay one wrap on the tray and spoon the chicken, vegetable and bean mixture on the wrap. Spread the cheese on top of this and lay another wrap on top to cover the filling. Drizzle with a little olive oil and bake in the oven for 5-6 minutes, until the cheese has melted and the top wrap is golden.

6) **Finish the dish**

Slice up the quesadilla into quarters and enjoy.



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