



## Roast Pepper & Spinach 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 prefer some spice hot! Just put it in the middle with the cheese before you bake it. It is our spice mix which provides that Mexican taste without packing the heat!

### Nutritional Info

Calories: 595 kcal  
Carbohydrates: 84 g  
Protein: 25 g  
Fat: 14 g

### Ingredients

- Roasted Red Pepper
- White Cheddar
- White Onion
- Tortilla Wraps
- Garlic Cloves
- Spice Mix
- Cannelini Beans
- Smoked Paprika
- Baby Spinach
- Ground Cumin

### Your Pantry

- Olive Oil
- Greaseproof Paper

### 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 to 180°C**

### 2) **Prepare the ingredients**

Peel and finely slice the onion. Chop the pepper. Crush the garlic. Drain and wash the beans.

### 3) **Fry the onion**

Add some oil to a large pan over a medium heat. Lightly fry the onion and garlic for 2-3 minutes.

### 4) **Add the vegetables**

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. Drizzle the paper with a little bit of olive oil. Lay one wrap on the tray and spoon the vegetable and bean mixture on the wrap. Spread the cheese and spinach 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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