

Ready, Steady Cook

Fordbridge Style.

Mexican Night – Quesadillas!

Ingredients:

2 peppers (red and orange are the favourites in my house)
1 onion
2 cooked chicken breasts (this depends on how many people you are cooking for!)
Tortilla wraps (2 per person)
Fajita spice mix (alternatively use chilli flakes, piri-piri spices anything you like really!)
Grated cheese

Method:

1.Slice your peppers length ways, similarly with your onion slice it into small wedges.
2. Add these to a pan with a small amount of oil, keep them moving so they don't burn, be careful as the pan will be hot, keep a safe distance away.
3. When the vegetables have softened (the onion is a little brown), its time to chop the cooked chicken into bitesize chunks. We have used cooked chicken as its safer for little hands but if an adult lets you, uncooked chicken can also be used but MUST be cooked before putting into the pan!
4.Once the chicken is chopped, add to the pan and mix in with the vegetables.
5.Now add in your chosen spices, mix it together before turning down the heat.
6. Now its time to assemble the quesadillas, now you make them a little like a sandwich, place one wrap into another cooled pan. Spread two large spoonful's of mixture evenly across the WHOLE wrap. Sprinkle cheese to your taste and then place the other wrap on top.
*Whilst step 7 is happening with the help of an adult, you can be busy making the next one! *
7. Ask an adult to turn on the heat and keep an eye as the wrap starts to brown underneath. When the cheese starts to melt inside its time to flip it over. Again, wait until it is golden brown all over on the other side. Repeat this step with however many you make (you can keep the others warm in the oven at around 120˚.
8. When its cool enough to touch, cut the quesadilla into quarters – add dips and enjoy!



These are an unknown secret favourite!