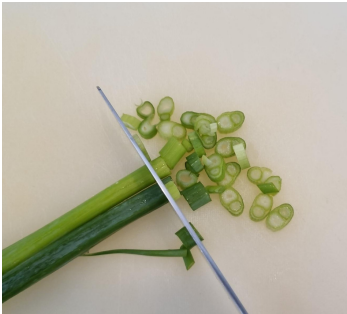


Mexican Quesadilla

Makes 1 large tortilla

You will need:

- 2 tortillas
- 1 spring onion
- 1/3 cup grated cheese
- 2 tablespoons salsa
- 1/3 cup black beans
- Spray oil



1 CHOP

Finely chop spring onion.



2 SPREAD

Place tortilla on a flat surface and evenly spread with salsa.



3 TOP

Top tortilla with black beans, spring onions and cheese.



4 PREPARE

Place fry pan on medium heat and spray with oil.



5 COOK

Place second tortilla on top of the mixture and carefully place onto the hot pan. Cook for 4 minutes.



6 FLIP

Using a spatula carefully flip the tortilla and cook for a further 4 minutes on the other side.



7 COOL

Place quesadilla onto cutting board and cut into wedges.



8 COOL

Allow to cool and pack in the lunchbox.