

LUNCH

TOMATO AND SWEETCORN QUESADILLAS



SHOPPING LIST:

- 2 tortilla wraps
- 50g cheddar cheese
- 50g sweetcorn
- 80g cherry tomatoes
- 2tsp olive oil
- 3-4 drops of tabasco sauce

COSTINGS: *44.3p per portion

NUTRITIONAL INFORMATION:

Calories: 314kcal |
Carbohydrates: 34g | Sugar 4.4g | Fat: 13g | Saturated fat: 7.1g | Protein 12g | Salt: 1.6g | Fibre: 3.4g

Tomatoes are a good source of a vitamin C, and contain an antioxidant called lycopene, which is known to lower the risk of some cancers.

Preparation time:	Cook time:	Servings:
10 mins	10 mins	2

DIRECTIONS:

		
1. Weigh out your ingredients. Grate the cheese and chop the tomatoes in half.	2. Heat the oil on a small frying pan and cook the tomatoes over a medium heat for two minutes. Add the sweetcorn and cook for another minute. Add in the tabasco.	3. In a large frying pan, add one tortilla wrap over a medium heat. Cover with the sweetcorn, tomatoes, and cheese, then put the second wrap on top.
		
4. Cook the quesadilla on each side for two minutes	5. Remove from the pan and cut into slices.	6. Serve warm or use cold for lunchboxes.

*average supermarket pricing as of March 2021