

Spinach and feta quesadilla

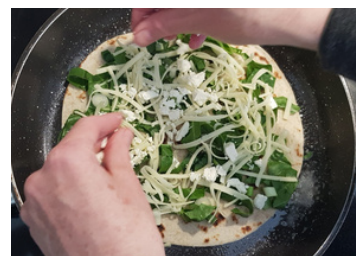
Makes 2

Ingredients

- 2 spring onions
- 20g feta cheese
- 2 cups baby spinach
- Olive oil spray
- 4 wholegrain tortillas
- ½ cup grated cheese

Alternative filling options:

- Cooked chicken, corn and cheese
- Black beans, salsa and cheese



1 Prep

Prepare ingredients by slicing spring onions, dicing feta cheese and chopping baby spinach.

2 Preheat

Preheat a frying pan on a medium heat. Evenly spray the pan with olive oil.

3 Place

Place the wholegrain tortilla on the hot pan.

4 Fill

Evenly sprinkle half of the spring onions, feta cheese, baby spinach and grated cheese onto the tortilla.



5 Top

Top with another wholegrain tortilla and press down firmly using a wide spatula.

6 Cook

Cook for 2 minutes until the base is golden and the cheese has melted.

7 Flip

Flip with a spatula and cook on the second side for two minutes until golden.

8 Serve

Remove from the pan and cut into wedges. Repeat with remaining ingredients. Serve.

Spinach and feta quesadilla

Ingredients



2 spring onions



20g feta cheese



2 cups baby spinach



Olive oil spray



4 wholegrain tortillas



½ cup grated cheese

Equipment



Frying pan



Chopping board



Spatula



Knife



Measuring cups