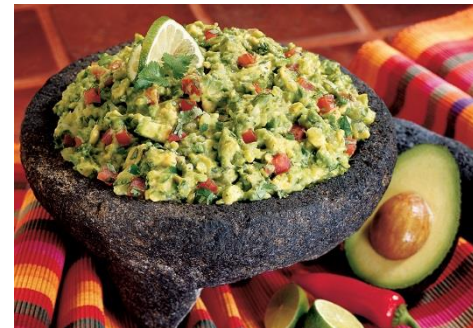


# Mexican Quesadillas and Authentic Guacamole

These are incredibly easy to make and a great way to use up bits and pieces from the fridge. There are no rules for the filling, just use what you have. They are perfect for eating outside and can be ready in minutes. The guacamole needs a little time but is well worth the effort.



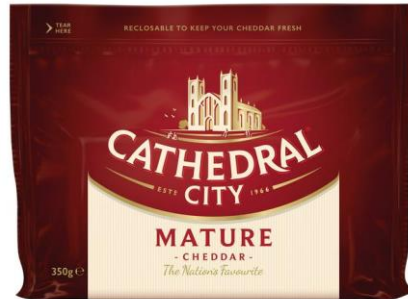
# Ingredients

(these are the essentials for the quesadillas)

pack of corn  
tortillas



Cheddar cheese



tomatoes



# Method

## For the filling.

- ▶ Grate the cheese that you decided to use, cheddar works well but you can use any that you have.
- ▶ Choose your other fillings. I always use tomatoes and fry them gently first until they have softened a bit. If using tinned tomatoes drain the juice before cooking or the quesadillas will be soggy.
- ▶ You can add onions, peppers and any other soft vegetables that you have, courgettes work well.
- ▶ Mix together all the vegetables and season with salt and pepper. You can add chilli sauce to taste.
- ▶ Spread the mixture onto each opened out tortilla and sprinkle on the grated cheese.

# How to Cook the Quesadillas

- ▶ Fold the tortillas in half to make a half moon shape. Then cut each half into 2 or 3 pieces depending on how big you want the finished quesadilla to be.
- ▶ Brush a little oil (any kind) on each side.
- ▶ Place the quesadillas into a dry frying pan that has been heating up gently.
- ▶ Cook each side on a low heat until the tortilla is slightly browned and the cheese has melted.

You can serve them with any dipping sauce that you and your family enjoy. But... I would strongly recommend the following guacamole.



# Guacamole Ingredients

## This will serve 6

- ▶ 2 firm, ripe tomatoes, finely chopped
- ▶ 4 sprigs of fresh coriander finely chopped
- ▶ ½ an onion, finely chopped
- ▶ 2 green chillies, finely chopped
- ▶ Juice of ½ lime or lemon (lime is best) you can use juice from a bottle
- ▶ ¾ teaspoon of salt
- ▶ ½ teaspoon of black pepper
- ▶ 1 very large or 2 medium size avocados- the brown Hass one are best and they need to be really ripe.
- ▶ As many tortilla chips as you think you will need!

# Method

- ▶ Mix all the ingredients, apart from the avocados, together not more than 2 hours ahead of time.
- ▶ Cover with cling film- this will draw the juices from the onions and tomatoes and helps make a good creamy guacamole.
- ▶ About 30 minutes before serving, cut the avocados in half and spoon out the flesh, scraping the skin clean.
- ▶ Mash with a fork and add to the vegetable mixture. I like to leave a bit of texture in the avocado.
- ▶ Put in a bowl and if you are not going to eat it straight way, put the avocado stone back in the middle of the bowl as this will stop the avocado going black.
- ▶ Cover with cling film until needed, or as is my preferred option, dive in!
- ▶ This is great served with tortilla chips as well as the quesadillas.