

Chicken & Corn Quesadilla



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Traffic light category: Green

Serves: 8

Ingredients

Tortilla:

- 400g plain flour
- 250mL warm water
- 1 teaspoon yeast

Filling:

- 4 boneless /skinless chicken breasts
- 1 fresh corn cob or 425g tin of corn
- 1 cup reduced fat mozzarella or cheddar cheese
- 1/2 bunch spring onion



Directions

Tortillas:

1. In a small bowl stir the yeast and warm water together, set aside to rest until it begins to froth
2. Add the flour and gently knead to form a smooth dough, cover and rest in warm place for 20 minutes
3. Cut into 8 equal portions, roll on lightly floured bench to form a thin pizza style round
4. Heat an electric fry pan and dry fry the tortilla for 2 minutes each side or until lightly coloured.

Chicken:

1. Place chicken in saucepan, cover with cold water and place on medium heat
2. Bring to the boil, place the lid on and then turn the heat off. Let stand covered for 30 min to 1 hour
3. Shred chicken using two forks
4. Use the chicken straight away or refrigerate until ready to use.

Assembly:

1. Place a small amount of the shredded chicken, corn, cheese and spring onion on half the tortilla
2. Fold over and then dry fry over medium heat, turning multiple times until cheese has melted, or place in oven for 5 minutes at 160°C.

