

Chicken Quesadillas with Tomatoes and Vegetable Sticks

**Ingredients: serves 18**

2 tbsp, (30g) Sunflower oil  
1 (100g) red onion  
20g fresh coriander  
1 (100g) carrot  
½ (60g) leek  
1 (25g) stalk celery  
1 clove (6g) garlic  
100g mushrooms  
500g minced or diced chicken or turkey mince



250g tinned tomatoes  
20g tomato puree  
100g frozen sweet corn  
6 tortilla wraps  
80g grated cheese  
10g sunflower oil for brushing  
1 beaten egg for sealing  
400g carrot and cucumber sticks

**Method:**

First make filling by finely chopping the onion, carrot, leek, and celery. Heat the oil in a saucepan and add the chopped vegetables, gently soften the vegetables for 10 minutes. Meanwhile crush the garlic and slice mushrooms. Add these to the softened vegetables and continue to cook until soft.

Add the tomato puree and chicken or turkey and cook for a further 2 minutes.

Add the tomatoes and the frozen sweet corn, bring to the boil and then simmer until the chicken or turkey is cooked.

Using 2 wraps make a sandwich with the filling, grated cheese and chopped coriander then seal the edges with egg or water.

Brush with oil and bake in the oven on baking parchment until brown and puffed (about 12 minutes)

Cut into 4 triangles (1 per portion)

**Cook's tip:** Prepare extra carrot and mushrooms and make a puree for weaning diets.

- FOR VEGETARIANS OMIT THE CHICKEN OR TURKEY AND USE VEGGIE MINCE
- FOR DAIRY FREE OMIT CHEESE AND USE DAIRY FREE CHEESE
- FOR EGG FREE OMIT EGG AND USE MILK TO SEAL TORTILLA
- FOR WHEAT FREE SERVE THE FILLING WITH RICE.

**Nutrition analysis per serving**

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
341	19.5	10	47	0	0.9	2	165