

# Mexican Quesadilla

## Equipment

Measuring cups and spoons

Cutting Board and knife

Bowl

Baking tray

Baking paper

## Ingredients

10 small tortillas

can black beans

1 cup corn

1 red pepper

1/3 cup coriander

1/3 cup red onion

2 tsp cumin

Pinch of salt

2 1/2 cups shredded melting  
cheese

Sour creme, for serving

Preheat the oven to 180°C. Line 2 baking trays with baking paper.

## What to do

### Task 1 : Prepare ingredients

Drain the black beans, cut the corn of the cob, dice the pepper, finely chop the onion, wash, dry and finely chop the coriander.

### Task 2 : Mix

In a large mixing bowl, add black beans, corn, pepper, coriander, red onion, cumin and salt; stir well to combine.

### Task 3 : Build each quesadilla

on a half of tortilla sprinkle 1 tbsp cheese, spread 2 tbsp veggie mixture and sprinkle with remaining 1 tbsp of cheese. Fold the other half of tortilla on top pressing on it somewhat gently-hard making a half moon shape. Repeat and make all remaining quesadillas. If you have any leftover veggie mixture – keep it to eat it on the side.

### Task 4 : Bake

Bake for 20 minutes. Remove from the oven, let rest for 3 minutes and cut each quesadilla in half using serrated knife.

### Task 5 : Serve

Serve with sour crème and salsa.