

CHICKEN AND BLACK BEAN QUESADILLAS

These quesadillas are incredibly satisfying to eat and lots of fun to make. I love black beans, but if you can't get your hands on them regular mixed beans will still be yummy. This recipe is a great way to use up leftover cooked chicken or you can simply buy a barbecued chicken and use the rest of the meat in sandwiches or salads.

Serves 4

2 tablespoons olive oil
1 red onion, thinly sliced
2 garlic cloves, crushed
400 g (14 oz) tin black beans, drained and rinsed
1 teaspoon smoked paprika
1½ teaspoons ground cumin
1 teaspoon ground coriander
1 cooked chicken breast, shredded (see helpful hint)
1 long red chilli, seeded and finely chopped (see helpful hint on page 72)
1 red capsicum (pepper), seeded and diced
200 g (7 oz/1 cup) fresh corn kernels
16 mini (or 8 regular) soft tortillas
100 g (3½ oz/1 cup) grated cheddar cheese
guacamole (see page 134) and lime wedges, to serve

- 1 Preheat the oven to 120°C (235°F/Gas ½).
- 2 Heat 1 tablespoon of the oil in a large frying pan over medium heat. Cook the onion, stirring often, for 3–4 minutes or until softened. Add the garlic and cook, stirring, for 1 minute. Add the beans, paprika, cumin and coriander and cook, stirring, for 1 minute. Use a potato masher to roughly mash the beans.
- 3 Add the chicken, chilli, capsicum and corn and stir to combine. Cook, stirring occasionally, for 5 minutes, until warmed through. Remove from the heat.
- 4 Lay 8 mini tortillas on a clean work surface. Spread each with one-eighth of the bean mixture, then sprinkle with one-eighth of the cheese. (If using regular-size tortillas, top 4 tortillas with one-quarter each of the bean mixture and cheese.) Top each with another tortilla to cover.
- 5 Heat the remaining oil in a medium frying pan over medium heat. Cook the quesadillas, 2–4 at a time (depending on their size), for 2 minutes each side or until they are just starting to blister and crisp. Keep watch as they can burn easily. Transfer to a baking tray and put in the oven to keep warm while you cook the rest. Cut into quarters, top with guacamole and serve with lime wedges.

ROLL
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