

# Spanish-style tuna quesadillas

SERVES 4 PREP 10mins COOK 5mins EASY



✳️ Make chicken quesadillas by substituting the tuna with 175g sliced cooked chicken breast

- 4 small wholemeal flour tortillas
- 1 red pepper, deseeded and finely chopped
- ½ small red onion, finely sliced
- 198g The Co-operative skipjack tuna steak in brine, drained and flaked
- ½ tsp chilli flakes
- 1 lime, cut into wedges

- 50g The Co-operative reduced fat mature cheese

**1** Heat a non-stick frying pan over a medium heat. Lay one of the tortillas in the pan and scatter over half the peppers, red onion, tuna, chilli flakes and cheese.

**2** Lay another tortilla on top and press down gently. Using a spatula, gently turn the quesadilla over and cook for another 2 mins,

until golden. Slide on to a chopping board. Return the pan to the heat and make a second quesadilla with the remaining ingredients. Cut into portions and serve with lime wedges.

Calories 220	Fat 4.7g	Sat Fat 2.4g	Sugars 3.2g	Salt 1.4g
approx. per serving				

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good with food