

Vegetable and Bean Quesadillas with Roast Potatoes



Ingredients

Quesadillas:

10 ml vegetable or rapeseed oil
half a red onion diced
2 garlic cloves chopped
1 tbsp smoked paprika
1 tbsp cumin
1 tin of mixed beans
Salt and pepper to taste
200g chopped mixed vegetables
2 flour tortilla wraps
100g grated cheese (cheddar or
vegan)

Potatoes:

vegetable or rapeseed oil
2 large potatoes, skin on
1 clove garlic
1 chilli, chopped
half a red onion, diced
salt and pepper

Method

1. Preheat oven to 200c and place oil in a roasting tin in the oven
2. Cut Potatoes into chunks and put into a pan with water and a pinch of salt. Bring to the boil, cook until the potatoes start to soften.
3. Drain potatoes and allow to dry.
4. Place potatoes in the oven tray and mix to coat in oil.
5. Add salt, pepper, chopped garlic, chopped chillis and chopped onion and mix again.
6. Place in the oven for 20-30 mins.
7. Place a large frying pan over a medium high heat and add the oil.
8. Add the garlic and red onions and cook until soft and starting to brown.
9. Add the smoked paprika and cumin, stir for one minute.
10. Add the mixed beans and cook for 10 minutes
11. Add the mixed vegetables, we used chard and peppers, you could also use spinach, mushrooms, courgette, cabbage or anything else you have in the fridge.
12. Cook on a low to medium heat for 10 mins.
13. Add salt and pepper to taste.
14. 10 mins before the potatoes are ready Place the wraps on a oven tray.
15. On one half of each wrap place some grated cheese then add some of the mixture from the frying pan onto the cheese side of the wrap.
16. Top with cheese then fold over the wrap and top with cheese again.
17. Cut down the middle so you have 2 halves and place both under a grill or in the oven until the cheese melts and browns.
18. Place 2 halves of the quesadillas on a plate on one side then the roast potatoes on the other and enjoy.