

## **Corn and cheese quesadillas, guacamole and salsa**

This is the Mexican inspired recipe I made with the year 3 classes. For year 2, we eliminated the salsa, but added a few quartered cherry tomatoes to the avocado instead, and just used lime. They loved it! And a lot of them loved the chilli challenge...

Makes 2 quesadillas, serves 4 children

For the guacamole:

2 avocados

½ a lemon

2 tbsp Greek yoghurt

For the salsa:

2 tomatoes + a few cherry tomatoes

½ red pepper, seeds removed

¼ red onion, peeled

1 lime

For the quesadillas:

4 flatbreads or wraps

2 spring onions

3 tbsp sweetcorn

150g cheddar cheese (or a mix with grated mozzarella)

Sea salt and pepper, to taste

Olive oil

A little red chilli (optional)

A few springs of coriander (optional)

For the guacamole: Halve the avocados, and using a spoon, scoop the flesh into a mixing bowl. Use a fork to mash it up really well, until smooth and creamy. Squeeze in the lemon juice and season with olive oil, sea salt and pepper. Add the Greek yoghurt and mix everything together well, mashing it all until creamy. If using chilli, halve the chilli and carefully use a knife or teaspoon to remove the seeds then chop as finely as you can. Stir into the guacamole.

For the salsa: chop the tomatoes and pepper as finely as possible and scrape into a mixing bowl. Grate the red onion and add to the bowl. Finely chop the coriander, if using. Add to the bowl and season with olive oil, salt and pepper. Squeeze in the juice of the lime, mix it all together.

For the quesadillas: trim the spring onions and cut, either with a knife or a pair of scissors, into small rounds. Place in a bowl with the sweetcorn. Coarsely grate the cheddar cheese and mix it all together in the mixing bowl. Drizzle a little olive oil into a large flat frying pan and top with one of the wraps. Spoon over half of the cheese mixture, then top with the remaining wrap. Fry over a medium-low heat for a minute, then cover with a lid for a few minutes and cook until the cheese starts to melt and the underside is golden. Remove the lid, flip the quesadilla over and fry for a few more minutes on the other side, drizzle a little more olive oil if needed. You are looking for a golden all over quesadilla and oozy cheese. Slide onto a board and cut into wedges. Serve with the dips.