



## Rescue recipe

Use any leftover veg that needs eating

# Beany Quesadilla

Recipe from:

**nutrition kitchen**

*helping families understand food*



Serves  
2 people



Takes 18  
minutes

## Ingredients:

- 1 tsp oil
- 1 onion, diced
- 1 garlic clove
- ½ green chilli
- 1 tsp cumin powder
- 1 tsp smoked paprika
- Handful coriander leaves
- 400g kidney beans
- Leftover cooked veg
- 8 tortilla wraps
- 100g cheddar cheese, grated

1. Fry the onion with finely chopped garlic and chilli in a large frying pan for 2-3 minutes, stirring frequently.
2. Add the cumin powder and smoked paprika to the pan, and cook for a further 2 minutes.
3. Chop the leftover cooked veg, and add them to the pan with the kidney beans and water, squashing the beans using a fork or the back of a spatula.
4. Finely chop the coriander and stir in.
5. Spread the bean mixture over 4 of the tortilla wraps then sprinkle on the grated cheese.
6. Put the remaining tortillas on top of each one.
7. Give the frying pan a wipe and place back on the heat.
8. Cook each quesadilla on both sides for 1-2 minutes or until nice and crispy.



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### Rescue recipe

Use fresh lemons or store-bought lemon or lime juice.



#### Ingredients:

- 1 bell pepper
- 1 red onion
- 1 courgette
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp olive oil
- ½ lime
- 4 wholemeal tortillas/wraps
- Low-fat yoghurt for drizzle
- Cheddar cheese



 Serves  
2 people

 Takes 18  
minutes

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# Veggie Fajitas


1. Slice your veg into similar lengths and thickness.
2. Place the vegetables in large bowl and add the smoked paprika, coriander powder, 1 teaspoon of olive oil and a squeeze of the lime into the bowl.
3. Mix well to combine all ingredients and allow them to sit for at least ten minutes to marinate.
4. Place a frying pan over a high heat and test with a pepper for 30 seconds to hear if it sizzles. Once sizzling, the pan is ready.
5. Place the ingredients in the pan and turn the heat down to medium and stir to cook evenly. Cook for around 6-8 minutes.
7. Place a tortilla over the ingredients in the pan to warm up for 30 seconds. Then place on to a board and using some tongs arrange the cooked veg and in the middle of the warm tortilla.
8. Sprinkle on grated cheddar cheese, drizzle some yoghurt and wrap the tortilla. Pinch in the sides, roll over tightly and serve!

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### Rescue recipe

Serve with  
guacamole & salsa.  
Try it with veg,  
lamb or prawns

 Serves  
4 people

 Takes 50  
minutes

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# Chicken Fajitas

1. Cut the chicken breast into 2-inch pieces. Slice the onion and pepper into strips and put them into a large bowl. Add the smoked paprika and coriander powder with 1 tablespoon of olive oil.
2. Squeeze in the lime and mix well to combine. Allow to sit for at least ten minutes to marinade.
3. Place a frying pan over a high heat.
4. Put the marinated mix into the pan and turn the heat down to medium. Cook for 6-8 minutes, stirring frequently. To check the chicken is cooked, choose the biggest piece. Break into half, if the chicken is white inside it is cooked. If it is pink, cook for longer.
5. Place a tortilla over the ingredients in the pan to warm up for 1 minute. Then transfer to a board. Use tongs arrange the cooked veg and chicken in the middle of the warm tortilla.
6. Sprinkle over some grated cheddar cheese, drizzle some yoghurt and wrap the tortilla. Pinch in the sides and roll over tightly.

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### Ingredients:

- 1 Pepper
- 1 Red onion
- 1 Chicken breast
- 1 tsp Smoked paprika
- 1 tsp Ground coriander
- 1 tbsp Olive oil
- ½ Lime
- 4 wholemeal tortillas/wraps
- Low-fat Yoghurt for drizzle
- Cheddar cheese

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