



## CHICKEN QUESADILLAS

### INGREDIENTS

400g chicken breast grilled OR bought cooked chicken  
Wholegrain tortillas  
Cheese – grated  
Avocado - sliced  
Tomato x 2  
Red onion x 1  
Juice of one lime  
Red chili x 1  
Coriander (optional)  
Greek yoghurt  
Salt and pepper  
Olive oil spray

### METHOD

1. Slice chicken breast and place on top of one tortilla, season with salt and pepper. Top with grated cheese and sandwich with another tortilla.
2. Spray large round fry pan with olive oil on medium heat, place tortilla in pan cook until brown and crisp. Flip and repeat.
3. Meanwhile, combine chopped tomato, red onion, chilli, lime, drizzle of olive oil and coriander if using to create salsa.
4. Remove tortilla from pan and repeat with remaining tortillas.
5. Cut in to triangles, serve with salsa, avocado and a dollop of greek yoghurt. Enjoy!