

Zucchini, corn & black bean quesadillas

Ingredients: (Serves 4)

1 avocado
juice of 1 lime
1 tablespoon olive oil
1 zucchini, diced
2 corn cobs, kernels sliced off
400g tin black beans, drained and rinsed
1 tablespoon smoked paprika
pinch of salt
50g parmesan, finely grated
100g grated mozzarella
4 medium tortillas
2 tablespoons jalapenos, roughly chopped
¼ bunch of coriander, leaves picked

Method:

1. First, make a guacamole. Halve the avocado, remove the seed and scoop out the flesh. In a small bowl, mash avocado and lime juice together with a fork.
2. Heat oil in a large frying pan over medium-high heat. Cook zucchini and corn for 2-3 minutes or until golden brown and tender. Add black beans and paprika and cook for a further minute or until beans are warmed and mixture is fragrant. Season with a pinch of salt. Transfer vegetables to a large bowl and wipe out the pan.
3. Return pan to medium heat. Place a tortilla in the hot pan and sprinkle cheeses and vegetables over one half. Cook for one minute before folding in half using an egg slide. Cook for a further minute or until cheese has melted and quesadilla is golden brown. Carefully remove from heat and repeat with remaining quesadillas.
4. Serve quesadillas topped with guacamole, jalapenos and coriander leaves.