



CORN AND BEAN QUESADILLAS

Makes about 6

Ingredients

- 1 x 330g tin refried beans
 - 1 corn cob, or 1 x 330g tin whole kernel corn
 - 1 cup grated cheese
 - 1 small red onion, thinly sliced
 - 2 loose cups baby spinach
 - 1 packet corn tortillas
 - Salad greens, to serve
- For the minty yoghurt to serve with:**
- 1 cup natural yoghurt
 - Juice of half a lemon
 - Small bunch fresh mint, finely chopped
 - Salt and pepper

Instructions

- For the minty yoghurt: mix all ingredients together and adjust to taste.
- For the quesadillas, take one tortilla and spread with refried beans. Add a few corn kernels, and then scatter over some cheese. Add the red onion and spinach and then add another tortilla to the top, like a sandwich.
- Heat a frying pan to a medium-high heat, and place tortilla in the frying pan. Cook for a few minutes each side, until cheese is melted.
- Serve with a crispy fried egg, and hot sauce, as well as the minty yogurt and a salad if you wish.



Utensils you'll need



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