

Tuna Quesadillas and Carrot Salad

Ingredients - Per child

- 1 soft flour tortillas
- 30g canned tuna (drained)
- 20g mature cheddar (grated)
- 1 Spring Onions (peeled & sliced)
- 1/4 small orange pepper (cut into small pieces)

Carrot salad

- 1 large carrot
- 1 tbs raisins
- 1 tbs pine nuts
- 1 tbs olive oil
- 1 tsp lemon juice

1. Lay out one of the tortillas on a clean dry surface.
2. Leave a 2cm border around the edge and spoon the tuna over the top.
3. Grate the cheese Sprinkle over the tuna
4. Wash and chop the spring onions and sprinkle on the tortilla
5. Wash & Chop the orange pepper and sprinkle on the tortilla
6. Place the second tortilla on the top and press down firmly.
7. Brush a large frying pan with olive oil. Cook quesadilla for two minutes over a medium heat. Press down with a spatula to make sure the Cheese melts.
8. Now you will need to turn the tortilla over. Carefully slide it from the frying pan onto a large Plate. Put another plate on top and gently turn the plates over.
9. Carefully put the quesadilla back in the pan and cook the other side for 2 minutes. Remove the cooked quesadilla from the pan and cut into wedges.

Carrot salad

1. Carefully grate the carrot and then put it into a bowl. Add the raisins and pine nuts and mix everything together.
1. To make the dressing, mix together the olive oil and lemon juice using a fork. Pour the mixture over the carrot salad and stir to coat evenly.