



Speedy Lunch

Avocada and Tuna Quesadilla

Ingredients

- 2 small avocados
- 1 garlic clove, crushed
- 1/2 lemon, juiced
- Black pepper
- 145g tinned tuna, in water (drained)
- 4 tbsp tinned sweetcorn, in water (drained)
- 2 tbsp greek/natural yoghurt
- 30g cheese, grated
- 2 tortillas (white or wholemeal)

Method

1. Add the avocado, garlic, lemon juice and pepper to a bowl and mash with a fork
2. Add the tuna, sweetcorn and yoghurt and mix together
3. Place one tortilla on a baking tray. Spread the mixture evenly over the tortilla. Sprinkle over the cheese then top with the second tortilla
4. Bake at 200 C for 10-15 minutes until crispy on top
5. Allow to cool and cut into wedges! Serve with your favourite salad!

