



## CHEESY BEAN & SWEET POTATO QUESADILLAS



**SERVINGS:**  
APPROX 4 ADULTS



**TIME:**  
40 MINS



**DIFFICULTY:**  
EASY



**COST:**  
££££

### Ingredients:

- 2 large sweet potatoes, peeled & chopped into chunks
- 1 tsp paprika
- 1 tsp cumin
- 1 tbsp olive oil
- 4 tortilla wraps
- 400g tinned black beans, drained & rinsed
- 100g cheddar cheese, grated
- Juice of 1/2 lime
- 2 spring onions, chopped
- Handful of coriander, chopped
- Your choice of sides, e.g. mashed avocado, tomatoes

### Method:

1. Place the sweet potato in a bowl and add the paprika, cumin, black pepper and a tablespoon of oil. Toss to combine
2. Place the potatoes onto a baking tray and pop in your pre-heated oven (200c) for around 25-30 minutes (watch they don't burn!)
3. Lightly mash the drained black beans, or keep chunky if preferred
4. Once cooked, allow the potatoes to cool slightly, then lightly mash
5. Brush one side of each tortilla with a little oil, and spread half of the sweet potato mash onto one of the tortillas (not the side you lightly oiled), followed by half the black beans, cheese, spring onion, coriander & a squeeze of lime juice
6. Now place another tortilla on top (keep the oiled side up)
7. Heat a large frying pan on a medium/ high heat. Once hot, carefully lay the tortilla into the pan and cook on each side for a few minutes, until it's golden brown
8. Cut each tortilla into 8 pieces and serve with your chosen sides, e.g. mashed avocado with a squeeze of lime juice!