



AVOCADO AND TUNA QUESADILLA



SERVINGS:
2 ADULTS



TIME:
25 MINUTES



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 1 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 and then top with the second tortilla
4. Bake at 200c for 10-15 minutes until crispy on top
5. Allow to cool and cut into wedges
6. Serve and enjoy with your favourite salad!