



Ingredients 2 Portions

🖊 = Kotányi Produkte

pcs. Tortillas (large)
 Chicken breast
 tbsp. Canned corn
 pcs. Bell pepper, red
 pcs. Bell pepper, yellow

1 pcs. Scallions

100 g Cheese, grated (type of your choosing)

1 can Kidney beans

3 pcs. Sprig of fresh cilantro

20 ml Olive oil

0.5 pcs. Lemon, juice

1 tsp.
♦ Piri Piri Seasoning Mix

1 pinch Pepper Rainbow, Whole

1 pinch 🕴 Sea Salt, Coarse

Spicy Chicken Quesadillas

Ō 45-60 Min ワワワ

Preparation

- 1 First wash and finely slice the bell peppers and scallions. You can dice them, slice them or cut them into strips. Wash and finely chop the cilantro.
- Wash the chicken breast, pat dry and dice. In a cup, mix 4 tablespoons of olive oil, 1 tablespoon of the Piri-Piri Seasoning Mix and a good pinch of salt.
- 3 Mix the diced chicken with the Piri-Piri marinade and allow to marinade briefly.
- 4 Heat olive oil in a pan and fry the meat. Only add the vegetables to the pan toward the end of the cooking time.
- 5 To make the refried beans, pour the beans into a sieve and collect the liquid. Puree the beans with half of the liquid. Season with salt, pepper, a pinch of Garlic Powder and mix with a splash of lemon juice.
- 6 Once all the ingredients are cooked, you can fill the tortillas. Cover one half with the refried beans and the chicken and vegetable mixture and sprinkle grated cheese over the top. Then fold the tortillas.
- 7 You can finish the tortillas off in two ways. Either heat the tortillas in the oven at around 180° for 10 minutes or toast them in a pan. Ideally use a non-stick pan with no oil.
- 8 Once ready, cut the quesadillas in half and serve. Best enjoyed with tasty dips such as sour cream, pico de gallo or guacamole.

