

Chicken d'Lite (Makes 4)

200g. creamed cheese (Philadelphia™ /Philadelphia light™ etc.)
200g. taleggio cheese or any other – (gruyere, emmentale etc) sliced or grated
8 x tortillas (brown if preferred)
2 x smoked chicken breasts – finely sliced
2 x red peppers – shredded
2 x green peppers – shredded
2 x yellow peppers – shredded
8 x spring onions – shredded
2 x red chillies – seeded and shredded
2 x carrots – peeled and shredded
1 x leek – shredded
1 x bunch rocket leaves
1 x limejuice – for rocket leaves
2x lemons – cut in half
Sprinkle of caraway seeds
Splash of olive oil
Rock salt and crushed black pepper
Piece of muslin cloth – to cover lemons
4 x elastic bands

Method

Heat a splash of olive oil in a pan and add the peppers allowing to char a little then season with a little salt and pepper and a sprinkle of caraway seeds. Boil a pot with water and quickly blanch the spinach leaves. Remove and refresh in iced water. Remove the spinach from the iced water and squeeze out until it is as dry as possible. Lay the tortilla wraps on a clean surface and spread each piece with the creamed cheese. Now distribute the spinach between four of the tortillas and on to this distribute the smoked chicken pieces, the leeks, the charred peppers, the carrots, the spring onions and the chillies. Finally place a slice of the chosen cheese (or the grated cheese) on top of all the rest of the ingredients and season with salt and pepper as desired. Place the other tortillas on top of the loaded tortillas and push down the edges to seal well. To cook, add a splash of olive oil to a frying pan and place the Quesadilla in to brown a little. Turn over onto the other side and place in a moderately hot oven for 5 to 6 minutes. Serve sliced in four pieces with a salad of rocket dressed with pepper and lime juice.

NB. This recipe can be adjusted to whatever ingredients you desire. It could include Halloumi cheese, for example and lots of garlic! The dish becomes healthier using brown or whole meal tortilla wraps and is delightful serve with a fresh tomato or carrot and caraway salad.