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## Cheesy Chicken Quesadillas with Avocado Smash

These perfectly cheesy quesadillas are one part crispy, one part fresh and all parts tasty. Its crowning glory is a creamy avocado smash – so give your avo a squeeze in the morning and if it's not perfectly ripe, pop it in a paper bag with a banana or two in a sunny spot. The ethylene gas released will ripen it in no time!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 1



eat me  
early



spicy

### Pantry Items



Olive Oil



Free Range  
Chicken Thighs



Avocado



Mini Flour Tortillas



Cheddar Cheese



Birdseye Chilli



Red Onion



Baby Spinach  
Leaves




Coriander

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| 2P       | 4P        | Ingredients   |
|----------|-----------|---|
| 1 tsp    | 2 tsp     | olive oil <i>*(or olive oil spray)</i>  |
| 1 packet | 2 packets | free range chicken thighs   |
| ½        | 1         | avocado <i>(recommended amount)</i>   |
| 6        | 12        | mini flour tortillas  |
| 1 block  | 2 blocks  | Cheddar cheese, grated  |
| 1        | 2         | birdseye chilli, deseeded & finely chopped  |
| ½        | 1         | red onion, very finely sliced   |
| ½ bag    | 1 bag     | baby spinach leaves  |
| 1 bunch  | 2 bunches | coriander, leaves picked  |

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

|              |      |    |
|--------------|------|----|
| Energy       | 3820 | Kj |
| Protein      | 54.5 | g  |
| Fat, total   | 53.1 | g  |
| -saturated   | 15.7 | g  |
| Carbohydrate | 50.8 | g  |
| -sugars      | 4.1  | g  |
| Sodium       | 802  | mg |



**You will need:** *chef's knife, chopping board, box grater, medium ovenproof frying pan, tongs, two forks, small bowl and oven tray lined with baking paper.*

**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Heat half of the **olive oil** in a medium ovenproof frying pan over a medium heat. Season the **chicken thighs** with **salt** and **pepper** and cook for **2 minutes** on each side, then transfer the frying pan to the oven and cook for a further **10 minutes**. This is a good time to prep all of your ingredients.

**Tip:** If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.

**3** Remove the chicken from the oven and shred the chicken into pieces using two forks.

**4** In a small bowl mash the **avocado**. Season with salt and pepper and set aside.

**5** Place half of the **mini flour tortillas** on the prepared oven tray and spray or brush lightly with **olive oil**. Turn the oiled side down. Top each tortilla with some shredded chicken, grated **Cheddar cheese**, **birdseye chilli**, **red onion** and a small handful of the **baby spinach leaves**. Top with the remaining tortillas and spray or brush lightly with some more oil. Press down lightly to flatten. Cook in the oven for **5-10 minutes**, or until golden.

**6** To serve, cut the quesadillas in half and top with the smashed avocado and **coriander leaves**. Garnish with remaining baby spinach leaves for some extra greens.

**Did you know?** Avocados contain more protein than any other fruit.

