



Treasure map quesadillas

30'
Hands on

10 minutes'
Hands off

30'
Cook Time

8
Portion(s)

1
Difficulty



Method

- Preheat the oven to 180° C (350° F) set to fan.
- Heat the olive oil in a [frying pan](#) over medium heat.
- Season the chicken breasts with salt and pepper, and sauté them for 2 minutes on each side until they are golden.
- Transfer the chicken into a small [baking pan](#) and lay the sprigs of thyme over it. Let them roast for 15-20 minutes.
- Remove the baking pan from the oven and let the chicken cool slightly.
- Cut the chicken into 0,5 cm cubes and transfer them into a bowl. Cut the pepper into 0,5 cm cubes and add it to the bowl along with the chicken.
- Add the tomato sauce, the cheese, and mix with a spoon.
- Lay two out of the four tortillas onto your working surface.
- Divide the filling onto the two tortillas and cover with the other two, making two quesadillas.
- Heat a large frying pan over medium heat.
- Place the first quesadilla into the frying pan. Cover with the lid, lower the heat, and allow 2 minutes for the cheese to melt.
- Then, flip it over and cover with the lid again. Cook for 2 more minutes and remove the first quesadilla from the frying pan.
- Set it onto a [rack](#) and with a small paintbrush that you dip into the food coloring paste, draw patterns on the quesadilla.
- Follow the same process for the second quesadilla too.
- Cut into pieces and serve.

Ingredients

- 2 tablespoon(s) olive oil
- salt
- pepper
- 400 g chicken breast fillet
- 4 sprig(s) thyme, fresh
- 1 red bell pepper
- 200 g [tomato sauce](#)
- 200 g edam cheese, light, grated
- 4 tortillas, wholemeal
- 1 tablespoon(s) [black food coloring paste](#)

Διατροφικός πίνακας

Nutrition information per portion

244 Calories (kcal)	7.7 Total Fat (g)	3.2 Saturated Fat (g)	18.0 Total Carbs (g)
12%	11%	16%	7%
3.3 Sugars (g)	24.0 Protein (g)	2.5 Fibre (g)	2.3 Sodium (g)
4%	48%	10%	38%