



SWEET POTATO, EGG & AVOCADO QUESADILLA (V)

We love authentic recipes from around the world. For us it's all about how the ingredients are used in a way that positively impacts on the dish.

Quesadillas – meaning 'little cheesy thing'– originated in Northern and Central Mexico in the 16th century. Mexican quesadillas are traditionally cooked on a Comal, which is also used to prepare tortillas.

INGREDIENTS

6 Spinach tortilla wraps	3 Avocado (large)
250g Sweet potato	50g White onion (finely diced)
6 Eggs (large)	3 Tomatoes (finely diced)
125g Baby spinach leaves	2 Garlic cloves (crushed)
25g Clarified butter	1 Lime (freshly squeezed)
60g Goats' cheese	Pinch of salt
2 Jalapeños	Fresh coriander – handful (finely chopped)
1tsp Vegetable oil	

METHOD

1. Preheat the oven to 180°C, place the sweet potato on a baking tray and roast for 20 minutes until soft. Remove and allow to cool for 5 minutes. Remove the skin and carefully cut the flesh into approx. 1cm chunks
2. Crack the eggs into a bowl and whisk with a pinch of sea
3. Melt the butter in a pan and wilt the spinach. When wilted, place in a colander to drain excess liquid, place the pan back on the heat and cook off the scrambled eggs, gently
4. Carefully shred the wilted spinach and mix with the scrambled egg and sweet potato
5. Lay out 3 tortilla wraps on individual parchment sheets and spread the egg mix evenly between the 3, crumble with goats' cheese and top with the other tortillas
6. Place on a baking tray and cook in the oven at 180°C for 4 minutes until the tortilla becomes crispy
7. Remove and cut into portions and serve with guacamole

FOR THE GUACAMOLE

1. Rub the jalapeños with the vegetable oil and toast them over a hot flame on the stove, gently turning with tongs until the skin blisters and bubbles on all sides. When blackened all over seal them in a tub or bag and let them sweat for about 10 mins
2. Split the jalapeños open lengthways and scrape out all the seeds and discard along with the stem. Finely chop the jalapeños and leave to one side
3. Cut the avocados in half and remove the stone. Scoop out the flesh with a spoon and place into a mixing bowl and mash until smooth
4. Stir in the finely chopped white onions, diced tomato, crushed garlic, chopped jalapeños, chopped coriander and lime juice