

Sausage, Feta & Pea Quesadillas



A delicious tasty recipe just for you

Ingredients

5 tbsp olive oil, plus extra for brushing
1 medium onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
1 green chilli, de-seeded and finely chopped
200g frozen petit pois
225g sweet potatoes, peeled steamed and mashed
Juice of 1 lime
Small handful each of mint and basil leaves, finely chopped
4 sausages cooked and chopped into small pieces
55g feta cheese, crumbled
Sea salt and black pepper
Flour tortillas, to serve
100g Cheddar cheese, grated

Method

Heat a heavy bottomed frying pan over a high heat and when it is hot add 3 tablespoons of olive oil.

Turn the heat to medium, add in the onion, garlic and chilli and cook for around 10 minutes, until the onion has softened.

Meanwhile, bring a medium pan of salted water to the boil, and cook the peas for 2 minutes.

With the back of a fork, gently mash the potatoes into the onion mix, seasoning with the lime juice, sea salt and black pepper - bearing in mind that the feta is already salty. With your fork, gently fold in the rest of the olive oil, the peas, herbs, sausages and feta.

If the mixture looks dry, add another good glug of extra virgin olive oil.

Roughly spread a heaped tablespoonful of the mixture onto one half of each tortilla and sprinkle with the Cheddar.

Fold the tortillas over into half-moon shapes, pressing the halves firmly together.

Heat a frying pan or griddle pan, brush the quesadillas with olive oil on both sides and cook until golden and crisp on each side, and warmed through.

Shopping list

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