

## Consumer Week 2021

### *Lockdown Chow-down*

#### Tortilla Tuesday - Flour tortillas 3 ways

##### **Sandwich wrap**

- Lay the tortilla flat
- Top with mayo or natural yoghurt
- Add your fillings on top
- Fold the sides in over the filling and roll
- Slice in 2 diagonally

##### **Quesadilla**

- Place a flour tortilla in a frying pan and place on a medium high heat
- Add your filling and spread out to the edge (Lynne has used a tuna and spring onion filling, but you can use whatever you fancy)
- Top with grated cheese
- Place the 2<sup>nd</sup> tortilla on top and heat through (keeping an eye to make sure the bottom doesn't burn)
- Place a plate over the 2 tortillas and flip it over
- Slide back into the pan and brown the other side
- Slide onto a plate, cut into quarters and serve

##### **Enchiladas**

- Place your filling (leftover chilli, veggie chilli or spicy chicken) across the middle of the tortilla, roll into a tube and place in a casserole dish
- Repeat 3 times (or as many times as you need to fill your dish)
- Cover with passata or tomato sauce and top with grated cheese
- Bake in the oven for 30 minutes or until the cheese is golden & bubbling and the dish is heated through