Avocado, Beef and Roasted Pepper Quesadillas

Serves 4

Ingredients

2 tablespoons vegetable oil
1 onion, chopped
400 grams lean ground beef
3 garlic cloves, chopped
1 tablespoon chili powder
1 tablespoon ground coriander
½ teaspoon cayenne pepper
8 tortillas
4 avocados
Salt and pepper
2 roasted peppers (from a jar) cut into pieces
1 cup corn kernels
1 cup coriander, chopped
2 cups strong cheddar cheese, grated

Credit

Max L'Affamé

Preparation

1. Pour the oil into a hot pan, and cook the onion over medium-high heat. Add the ground beef, taking care to break it into small pieces.
2. When the beef is cooked, add the garlic, chili powder, ground coriander, cayenne pepper and mix well. Set aside.
3. Using a fork, mash the avocado directly on a tortilla. Salt

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and pepper.

4. Add pieces of roasted pepper, the corn kernels, beef mixture, coriander, strong cheddar cheese, and place another tortilla on top.
5. Grill the quesadillas in a panini press for 3 minutes. Cut into several pieces and serve.