



Cheesy quesadillas with corn

AMC cookware is perfect for frying cheesy, crispy quesadillas without the need for oil. The combination of sour cream, corn and two cheeses gives you flavour and that melty-cheesy-goodness. Choose a unit suitable for frying according to the size of the tortillas that you are using. Remember to work over a medium to low temperature for the best golden brown quesadillas. Serve for a light dinner or as part of a snack platter.

INGREDIENTS

Serves 6 - 8

8 medium-sized wholewheat or multi-grain tortillas
 125 ml (½ cup) sour cream
 2 slices feta cheese, crumbled
 250 ml (1 cup) cooked sweet corn (see tip)
 500 ml (200 g) coarsely grated mozzarella cheese
 1 - 2 spring onions, sliced
 Handful fresh Italian parsley, chopped

METHOD

1. Place 4 of the tortillas on a wooden board. Divide sour cream between the 4 tortillas and spread evenly.
2. Mix the rest of the ingredients together. Divide between the 4 tortillas and spread evenly. Top each with another tortilla.
3. Heat an AMC 24 or 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Fry 1 quesadilla at a time without any oil, until it starts to toast.
4. Turn over and fry on the other side until the cheese has just melted and the tortilla is crispy and golden.
5. Slice with a pizza cutter or knife. Serve immediately with an accompaniment of your choice, like a tomato salsa, fresh avocado or jalapeño chillies.

TIPS & VARIATIONS

- Place sweet corn on the cob with about 125 ml (½ cup) water in an AMC 20 cm Gourmet High. Heat over a medium temperature with the lid on, until the Visiotherm® reaches the first red area. Simmer for 5 - 8 minutes or until just cooked.
- Bacon will be delicious in these quesadillas. Add cooked, chopped bacon pieces to the cheese mixture and add to the tortillas as above.