



LYNDEY MILAN'S CHEESE QUESADILLA'S

(WITH A SECRET SERVE OF ONIONS)



"I am a big fan of onions. When you think about it they are used in every cuisine. The gentle cooking in this recipe brings out their natural sweetness so they are appealing for all ages. Popping them in a quesadilla with cheese and bacon makes a winning combination with the added benefit of being as easy to eat as finger food. Throwing in a bit of green makes it a balanced snack or lunch."

PREP TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES: 1

INGREDIENTS

2 SLICES BACON

**1 1/2 TBSP (30ML) EXTRA
VIRGIN OLIVE OIL**

**1 MEDIUM BROWN ONION,
THINLY SLICED**

**SALT & FRESHLY GROUND
PEPPER**

2 LARGE FLOUR TORTILLAS

120G GRATED CHEESE

30G ROCKET

METHOD



Place a non-stick frying pan, large enough for one tortilla to lie flat, over medium high heat. Add bacon and dry fry until crisp, turning once to cook on both sides. Remove from heat and drain on kitchen paper.



Add 20ml olive oil to the pan over medium heat. Add onions and cook, stirring frequently until soft and translucent. Remove to a bowl and wipe out pan with kitchen towel.



Brush one flour tortilla with extra olive oil. Place tortilla oil-side down into the clean pan. Taking care not to fill ingredients right to the edge, spoon or spread over the onions, then top with bacon, grated cheese, sprinkle on rocket leaves and season to taste.



Cover the second tortilla, pressing to seal. Brush top of tortilla with remaining olive oil and place over medium high heat. Cook for 2 - 3 minutes, pressing down occasionally. Turn and cook for a further 2 minutes, until the cheese is slightly melted and the tortilla is crisp. Cut into wedges and serve immediately.

NOTE - To flip the quesadilla more easily, cover the top with a dinner plate and turn out the tortilla then slide back into the pan. This can also be cooked in a sandwich press.