

Chicken quesadillas with guacamole

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Chicken quesadillas are a favourite with any Mexican food fan! Try this recipe with fresh guacamole, cheese and mushrooms - perfect for a healthy dinner!

Ingredients (serves 4)

For the guacamole:

- 2 [avocados](#), halved and pitted, flesh removed
- 1 lime, juiced
- 4-5 tbsp [crème fraîche](#)
- 1 small green chilli pepper, diced
- ½ handful coriander, chopped
- Sea salt and ground pepper

For the quesadillas:

- 2 tsp pine nuts
- 300 g [chicken](#) breast, cut into strips
- Sea salt and ground pepper
- 2 tbsp [olive oil](#)

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- 1 red onion, diced
- 1 clove garlic, diced
- 1 pepper, diced
- 150 g mushrooms, sliced
- 40 g [black bean](#) paste
- Cayenne pepper
- Ground cumin
- 4 tortillas
- 120 g grated cheese

Method

To make guacamole, purée the avocado flesh with the lime juice and crème fraîche. Stir in the chilli and the chopped coriander and season with salt and ground black pepper. Transfer to bowls, cover with cling film and chill in the fridge until ready to serve.

Dry roast the pine nuts until golden brown, remove from pan and leave to cool.

Season meat with salt and pepper and fry in 1 tbsp oil for around 3 minutes. Set aside and heat another tbsp oil in the pan. Fry onion, garlic and pepper. Stir in mushrooms and fry for around 2 minutes.

Return the chicken to the pan along with the bean paste and the pine nuts and season with salt, cayenne pepper and a pinch of cumin.

Heat tortillas in a pan for around 30 seconds on each side. Spread a quarter of the filling on one side, sprinkle with cheese and fold over the tortilla. Arrange on plates and serve with the guacamole.

Recipe and images from [Avocados Australia](#)

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