

# Poached Chicken & Corn Quesadilla

Traffic light category: **Green**

Serves: 8



## Ingredients

### Tortilla

400g plain flour  
250mL warm water  
1 teaspoon yeast

### Filling

4 boneless /skinless chicken breasts  
1 fresh corn cob or 425g tin of corn  
1 cup reduced fat mozzarella or cheddar cheese  
1/2 bunch spring onions

## Method

For tortillas

1. In a small bowl stir the yeast and warm water together, set aside to rest until it begins to froth
2. Add the flour and gently knead to form a smooth dough, cover and rest in warm place for 20 minutes
3. Cut into 8 equal portions, roll on lightly floured bench to form a thin pizza style round
4. Heat an electric fry pan and dry fry the tortilla for 2 minutes each side or until lightly coloured.

For chicken

1. Place chicken in saucepan, cover with cold water and place on medium heat
2. Bring to the boil, place the lid on and then turn the heat off. Let stand covered for 30 min to 1 hour
3. Shred chicken using two forks
4. Use the chicken straight away or refrigerate until ready to use.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1670g	597kJ
Protein	39g	14g
Total fat	5.4g	1.9g
Saturated fat	2.2g	0.8g
Carbohydrate	46g	16g
Sugars	2.4g	0.88g
Dietary fibre	3.5g	1.3g
Sodium	277mg	99mg

To assemble

1. Place a small amount of the shredded chicken, corn, cheese and spring onion on half the tortilla
2. Fold over and then dry fry over medium heat, turning multiple times until cheese has melted, or place in oven for 5 minutes at 160°C.



Supporting healthy choices

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