

Bombay potato and spinach quesadillas

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 30 (approximately 100g)

Ingredients

- 9 large potatoes, peeled, cut into bite sized pieces
- 1½ teaspoons ground turmeric
- 4½ tablespoons rice bran or vegetable oil
- 3 teaspoons mustard seeds
- 1½ teaspoons curry powder
- 1½ teaspoons garam masala
- 500g baby spinach
- 30 soft 10-inch wraps

Method

1. Preheat oven to 200°C, line a large roasting tray with greaseproof paper
2. Place potatoes and turmeric in a large pot of water. Bring to the boil, reduce heat and simmer for 5 minutes. Strain and transfer to a bowl
3. Add oil, mustard seeds, curry powder and garam masala to the bowl, toss through the potatoes until well combined
4. Transfer potatoes to the roasting tray, bake for 30 minutes, stirring after 15 minutes. Set aside to cool
5. Place ¼ cup of spinach in the middle of each tortilla wrap. Top with ½ a cup of potato mix. Fold into a square pocket and toast in a sandwich press until golden brown.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	735kJ	696kJ
Protein	4.8g	4.6g
Total fat	5.9g	5.6g
Saturated fat	1.9g	1.8g
Carbohydrate	24.0g	22.7g
Sugars	3.0g	2.8g
Dietary fibre	2.7g	2.5g
Sodium	215mg	204mg



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