

# CAJUN CHICKEN QUESADILLA



## Ingredients

2x boneless skinless chicken breast,  
pound to even the thickness a little  
Oil for cooking

### Cajun rub

**1 tsp of each of  
the following**

- Cumin
- Coriander
- Paprika
- Garlic Powder
- Onion Powder
- Cayenne

**1/2 tsp of each of  
the following**

- Thyme
- Oregano
- Black Pepper
- Salt
- Sugar

### Sauce

100gm cream cheese  
1/2 tsp garlic powder  
1 tsp onion powder  
1/2 tsp cumin  
1/2 tsp paprika  
1/2 tsp lemon juice  
1/4 tsp cayenne  
Salt to taste (decrease or omit if  
cheese is salty already)  
1/2 red capsicum thinly sliced  
1/2 red onion thinly sliced  
1 cup spinach  
4 flour tortilla  
1 1/3 cups shredded cheese  
(jack, cheddar or mozzarella)

### Yoghurt Dressing

1/4 cup plain yoghurt  
1 spring onion, finely chopped  
Pepper for seasoning

*Round 1*



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## Directions

### Chicken

1. In a bowl, combine the ingredients for the cajun rub. Mix well and sprinkle generously and evenly on the chicken. Let sit until you are ready to cook.
2. In a small bowl, combine the ingredients for the sauce. Mix well and let sit to allow flavor to meld. The longer the better.
3. Preheat the oven to 200°C.
4. Over medium high, heat a fry pan. Add a thin coat of oil. When pan is hot, place the chicken in the pan and sear for 3-4 minutes on each side or until browned and charred.
5. Transfer the pan to the oven and bake for another 7-10 minutes or until the thickest part of the chicken is cooked. Let the chicken rest for 5 minutes before slicing.

### To Make Quesadilla

1. Spread a quarter of the quesadilla sauce on half a flour tortilla, top it with spinach, meat and 1/3 cup of cheese, some red capsicum and onion.
2. Fold the tortilla in half. Continue with the remaining tortillas.
3. Lightly brush the quesadilla with a little oil. Place in a sandwich press and cook until the cheese melts and the tortilla is browned and lightly crisp. Place the quesadillas in the oven at 100° C to keep warm while you finish the rest.
4. Cut the quesadilla and serve immediately with yoghurt and your choice of garnish and/or salad.

*Round 1*