

Spicy Malty Pork Quesadillas

ingredients:

3 tblsp olive oil,
1 clove chopped garlic,
bunch fresh oregano/coriander,
1 tsp cumin seeds, 1 tsp paprika,
350g pork mince,
3 chopped jalepeno peppers (in brine),
30g black olives, 30g green olives,
1 x Soreen malt loaf chopped,
into 5cm cubes,
12 flour tortillas,
60g grated cheddar,
50g grated mozzarella,
sour cream to serve.

method:

Heat the oil in frying pan and add cumin, paprika and garlic. Cook for 30 seconds then add pork mince and cook over a high heat for another 10 mins. Add the chillies, olives and malt loaf and cook for another 5 mins and then stir in the chopped herbs and allow to cool. Place the tortillas on a plate and add 2 tblsp filling to each. Mix the cheeses together and put the same amount on the pork filling. Roll up the tortillas and press down. Heat the frying pan again with olive oil and fry over a high heat until golden. Garnish with coriander and sour cream.

nutritional information:

per 100g serving:

kcal 278
carbohydrate 21.6g

protein 18.6g
fat 13.8g

