

The Sailing Chef

Ingredients: for one quesadilla

- 1 fresh Tortillas
- 1 tomato sliced
- 1 tbs of pesto
- 1 Ham sliced or chunk tuna
- 2 Cheese sliced
- some fresh coriander chopped

Preparation:

In a pan, heat the tortilla for 2 minutes on one side. then flip it over, add the cheese, the pesto, 2 slice of tomatoes, ham and what you like, fold it in half and flip it until brown.

Served on plate cut in half.

Bon Appetit!

Quesadillas a la Morgane !



Easy going meal!!

You can dip it in sour cream and pico de gallo and eat with salad and avo aside.

Also you can add mushrooms, sweet corn, chicken or tuna and anything you like in the quesadilla!

