



**PREP**  
5 min

**COOK**  
5 min

**SERVES**  
4

# 10 Minute Tuna and Corn Quesadillas

## INGREDIENTS

1 can Ocean Rise yellowfin chunk tuna in springwater, drained

½ cup New Season corn kernels, drained

1 cup Westacre Dairy tasty shredded cheese

4 Bakers Life large white wraps

2 tbsp Colway mayonnaise

Stonemill salt & pepper, to taste

The Olive Tree extra virgin olive oil, for cooking

## METHOD

1. In a medium bowl, combine the tuna, corn, mayonnaise, salt, and pepper to taste. Mix well, breaking up the tuna slightly.
2. Lay the wraps flat on a clean surface. Spread the tuna mixture evenly over half of each wrap.
3. Sprinkle the shredded cheese over the filling and fold each wrap in half to enclose.
4. Heat a drizzle of olive oil in a large frying pan over medium heat.
5. Cook each quesadilla for 2–3 minutes per side, or until golden and the cheese has melted.
6. Cool slightly before slicing into wedges for lunchboxes or serving warm after school.



Add a spoonful of El Tora mild salsa inside each quesadilla for extra flavour.



Good Different