Cajun chicken and cheese quesadillas

2 mini chicken fillets

1 tbsp tomato puree

1 tsp balsamic vinegar

1 tsp Cajun spice

10g coriander leaves

1 flour tortilla wrap

1 dsp sweetcorn

40g grated cheddar cheese

2 baby plum tomatoes, cut into quarters

1 tsp tomato puree

½ tsp garlic puree

*Method*

Coat the chicken fillets with the tomato puree, vinegar, coriander leaves and Cajun spice and bake in the oven at 180C for 10-15 minutes until cooked thoroughly.

Mix the sweetcorn, grated cheese, tomatoes, tomato and garlic purees together.

Lay the tortilla wrap flat. Place the cooked chicken on one half of the tortilla and cover with cheese and sweetcorn mix. Fold the empty half of the wrap on top.

Place on a baking tray and bake in the oven for 5 minutes until the cheese has melted and wrap begins to colour and crisp slightly.

Remove from the oven and cut in half to serve.

Serve with dressed side salad.