

# CITY LIFESTYLES



CITY IN THE  
COMMUNITY



OFFICIAL PARTNER OF CITY IN THE COMMUNITY

Recipe name: Agueros Avocados

Serves: 2 people

Preparation time: 10 mins

Cooking time: 10 mins

Starting line-up (*ingredients*):

Tortilla wraps, cheese, tomatoes, avocados, basil leaves, garlic cloves, lime, salt, cooking spray



Warm-up (*preparation*):

None



Game plan (*method to make*):

1. Add all the pesto ingredients into a blender and blend until creamy (avocados, basil leaves, garlic cloves, squeeze of lime, sprinkle of salt)
2. Heat pan and spray with cooking spray
3. Spread half of a tortilla with 2-3 tablespoons of pesto and then top with sliced tomatoes and a handful of shredded cheese
4. Cook quesadilla for 2-3 minutes on each side until tortilla is browned and cheese is melted



## Substitutes

Tomatoes for beetroot, courgettes, pickle

Gluten free – gluten free wraps

Dairy intolerance – lactose free cheese

Add herbs or spices for extra flavour

## Nutritional benefits:

Tortillas - fibre

Cheese - protein & vitamin B12

Tomatoes - vitamin C, K, potassium & folate

Avocado - vitamin K, C, B5, B6, E

Basil - vitamin K

Garlic - good for the heart

Lime - helps digestion

Each serving provides 334 kcal per person, 18g protein, 75g carbohydrates, 33g fat



# CITY LIFESTYLES



CITY IN THE  
COMMUNITY



OFFICIAL PARTNER OF CITY IN THE COMMUNITY