

Quesadilla Cones

Per Portion
631 Calories
35.5g Protein
61.5g Carbs
25g Fat



Ingredients

- 200g leftover chicken, shredded
 - 300g mild tomato salsa
 - 1 red pepper, finely chopped
- 125g frozen sweetcorn, defrosted
 - 8 tortilla wraps
 - 200g grated cheese
 - ½ bag of salad

Method

- 1.** In a large bowl, combine the shredded chicken, mild tomato salsa, finely chopped red pepper, and defrosted sweetcorn.
- 2.** Working with one tortilla at a time, roll it into a cone shape. Use a toothpick to secure the join on the side. Repeat this process with the remaining tortillas.
- 3.** Sprinkle a little cheese into each cone. Add approximately 1/2 cup of the chicken mixture to each cone. Sprinkle a little more cheese on top at the wider end of the cone.
- 4.** Spray or brush the cones with oil to promote crispiness.
- 5.** Line the air fryer basket with a sheet of baking paper, leaving a gap around the edges to allow air to circulate. Place the cones onto the paper, around 3 at a time depending on the size of your air fryer.
- 6.** Cook the cones at 180°C for 5 minutes or until heated through.
- 7.** Once cooked, carefully lift out the cones and allow them to cool slightly. Remove the toothpicks before serving.
- 8.** Serve with the salad.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*