

1. Crack the eggs

- Crack the eggs into a mixing bowl carefully.
- Tap the egg on the side of the bowl and pull the shell apart.
- Check for any pieces of shell and remove them with a larger piece of shell or a finger.



2. Mix the filling

- Add the vegetables and most of the cheese into the mixing bowl.
- Fold gently with a spoon to combine.
- Ask an adult to cook the filling in a hot pan.



3. Mix the filling

- Lay a tortilla flat on a plate.
- Spoon the filling onto one half of the tortilla.
- Fold the tortilla over to cover the filling.
- Sprinkle a little extra cheese on top if you like.



4. Cook the quesadilla

- Ask an adult to place the quesadilla in a hot frying pan.
- Cook for 2 – 3 minutes on each side until the cheese has melted.



5. Serve and enjoy

- Allow the quesadilla to cool slightly.
- Cut into triangles and enjoy.



6. Clean up

- Tidy up your space and put away the equipment.
- Wash your hands and wipe the table.
- Talk about what you liked and what you would do differently next time.

