

Less than 45 minutes

Serves 4-6

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Ingredients:

Soup:

- 2 Tbsp (30ml) olive oil
- 2 red onions, chopped
- 2 spring onions, sliced
- 2 cloves garlic, chopped
- 3 chicken breasts on the bone
- 4 cups (1L) chicken stock
- Salt and milled pepper
- 4 mielies, kernels removed
- 1 can (400g) black beans, rinsed and drained
- 1 can (400g) cream-style sweet corn
- ½ tub (125ml) cream

Quesadilla toasties:

- 4-6 PnP Pick Local flour tortillas
- ½ tub (125g) sour cream
- Milled pepper
- 2 spring onions, sliced
- 1 cup (250ml) grated cheddar
- Cubed avocado, for serving

Method:

1. Heat oil in a pot and sauté both red and spring onions until soft and golden.
2. Add garlic and fry for a minute until fragrant.
3. Add chicken, chicken stock and seasoning.
4. Bring to the boil and cook for 15-20 minutes or until chicken is cooked through.
5. Remove chicken and shred with two forks, discarding the skin and bones.

6. Return chicken to pot and add corn kernels, black beans, sweet corn and cream.
7. Cook for another 5 minutes.
8. For quesadillas, top half of the flour tortillas with sour cream, milled pepper, spring onions and cheddar.
9. Fold tortilla closed and toast in a dry frying pan or sandwich press.
10. Serve soup topped with avocado and quesadillas on the side.