

Quesadillas Tatws Melys a Ffa

Paratoi:
15 munud

Coginio:
15 munud

Digon i 4



Dull

1. Crafwch a thorri'r tatws yn dalpau bach a'u rhoi mewn sosban o ddwr ag ychydig halen - berwch tan eu bod wedi coginio NEU priciwch y tatws a'u coginio mewn meicrodon tan eu bod yn dyner, tua 6 munud - gadewch iddynt oeri a'u torri'n dalpau bach.
2. Rhowch y sbigoglys a'r tatws mewn powlen a'u cymysgu, ychwanegwch y ffa a hanner y caws, yna cymysgu eto.
3. Cynheswch badell ffrio neu radell sydd ddim yn glynu dros wres canolig.
4. Rhowch dortila ar blât a gorchuddio'i hanner â chwarter y gmysgedd.
5. Plygwch yr hanner arall drosodd a'i goginio am 2-3 munud nes bod llinellau llosg. Trowch e drosodd yn ofalus a'i goginio am 2-3 munud.
6. Rhowch ar blât a'i gadw'n gynnes.
7. Gwnewch 3 arall yr un peth. Torrwch bob un yn 4 darn a'u gweini gyda salad gwyrdd.

Cynhwysion

- 4 tortila
- 50g sbigoglys bach neu unrhyw lysiau wedi'u coginio: puprod melys, yd melys ayb.
- 200g Tatws melys
- 395g Ffa cymysg mewn saws tomato sbeislyd
- 100g caws Cheddar, wedi'i gratio neu'i dorri'n denau

Sweet Potato and Bean Quesadillas

Prep Time:
15 mins

Cook Time:
15 mins

Serves 4



Method

1. Peel and chop potatoes into small chunks and put in a pan of lightly salted water - boil till tender OR pierce the potatoes several times and cook on high in a microwave until tender, about 6 minutes - leave to cool and chop into small chunks.
2. Put the spinach and potato in a bowl and mix together, add the beans and half the cheese and mix again.
3. Preheat a large non-stick frying or griddle pan over a medium setting.
4. Place a tortilla on a plate and cover half of it with quarter of the mixture and a little of the cheese.
5. Fold over the other half and cook for 2-3 mins until char lines appear. Gently flip and cook for 2-3 mins.
6. Transfer to a plate and keep warm.
7. Repeat to make 3 more. Slice each into 4 wedges and serve with a green salad.

Ingredients

- 4 tortillas
- 50g baby spinach or any cooked vegetable of choice: sweet pepper, sweetcorn etc.
- 200g Sweet potato's
- 395g Mixed beans
- 1 tbs Spicy chilli sauce or tomato sauce
- 100g Cheddar cheese, grated or thinly sliced