

Quesadilla

Ingredients

150g Loprofin All-Purpose Mix
15g egg replacer
200ml low protein drink
210ml water
Pinch salt
30ml oil for frying
30g Low protein cheese (Violife or Sons of Butcher)
Basil puree
Left-over cooked vegetables of choice



Picture: Sidechef

Method

To make the exchange free Wrap:

1. Place the All-Purpose Mix and egg replacer in a bowl and mix well.
2. Add the low protein milk and water.
3. Mix with an electric mixer for about 3-4 minutes.
4. Season with salt.
5. Rest for 10 minutes in the fridge.
6. Mix again and fry in a non-stick frying pan like pancakes but the wraps should be thinner. Use very little oil. (I find they fry better in a non-stick frying pan without oil).

To make the quesadilla:

1. Heat a non-stick pan on low to medium heat.
2. Place one tortilla in the pan and sprinkle the LP cheese substitute evenly over it.
3. Add cooked veggies of choice along with some pesto (blend basil and oil together, or use a basil puree)
4. Top with the second tortilla.
5. Cook for 1–2 minutes on each side, until lightly golden and warmed through.
6. Cut into wedges and serve.