

# Chicken Quesadilla

Easy stovetop chicken quesadillas with melted cheese, peppers, and onions. Quick 30-minute Mexican recipe perfect for weeknight dinners.

10	30	40	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Chicken Quesadilla

## Ingredients

- 1 tbsp olive oil
- 2 bell pepper
- 1 onion
- 1 lb chicken meat
- 1 avocado
- 1 tbsp sunflower oil
- 2 fresh chives
- 2 cup cheddar cheese
- 1 tsp chili powder
- 1 tsp oregano
- 1 pinch rock salt
- 1 pinch black pepper
- 1 oz sour cream

## Instructions

- 1 Cook the chicken**

Heat 1 tablespoon of oil in a large skillet over medium-high heat (190°C/375°F). Season 1 lb chicken with 1 tsp cumin, 1 tsp chili powder, 1 pinch salt, and 1 pinch pepper. Add chicken to skillet and cook for 6-8 minutes, stirring occasionally, until golden brown and internal temperature reaches 74°C (165°F). Transfer chicken to a plate.
- 2 Sauté the vegetables**

Add 1 tablespoon oil to the same skillet. Add the diced bell peppers and onion, cooking for 4-5 minutes until vegetables are soft and lightly caramelized. Season with salt and pepper to taste. Remove from heat and set aside with the chicken.
- 3 Assemble first quesadilla**

Wipe the skillet clean and place over medium heat. Lay one flour tortilla in the skillet. Sprinkle half of the 2 cups cheese evenly over the entire tortilla surface.
- 4** Layer half the cooked chicken, half the sautéed vegetables, and half the avocado slices over one half of the tortilla. Fold the empty half over the filling, pressing gently to seal.

**5 Cook first quesadilla**

Cook for 2-3 minutes until the bottom is golden brown and crispy. Carefully flip using a large spatula and cook for another 2-3 minutes until the second side is golden and cheese is completely melted.

**6** Transfer to a cutting board and let rest for 1-2 minutes. Repeat steps 3-5 with the second tortilla and remaining ingredients.

**7 Serve**

Cut each quesadilla into 4-6 wedges using a sharp knife or pizza cutter. Serve immediately topped with 1 oz sour cream and your choice of salsa or guacamole.

## Tips

Cut chicken into small, uniform pieces for faster, more even cooking and better distribution throughout the quesadilla.

Use block cheese instead of pre-shredded varieties, as pre-shredded cheese contains anti-caking agents that can affect melting and flavor.

Don't overfill your quesadillas – less is more when it comes to achieving the perfect cheese-to-filling ratio and preventing spillage.

Cook over medium heat to ensure the tortilla crisps properly while the cheese melts completely without burning the exterior.

Let cooked vegetables cool slightly before assembling to prevent the tortillas from becoming soggy from excess moisture.

Press down gently with a spatula while cooking to help the quesadilla hold together and ensure even browning.

Allow quesadillas to rest for 1-2 minutes after cooking before cutting to prevent the filling from spilling out.

Use a pizza cutter or sharp knife to slice quesadillas into wedges for cleaner cuts and better presentation.