

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Tuna Al Pastor Quesadilla

quick & easy and perfect as a snack, light lunch or early dinner!

Al Pastor is the traditional Mexican marinade used for grilling meats on a spit, their version of a shawarma. It is usual to grill a whole pineapple on top of the meat and serve some sliced with the meat once cooked.

It has a delicious sweet, spicy flavour that pairs well with tomato salsa/guacamole/smashed avocado or sour cream.



Ingredients – serves 4 people

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| 4 each 10" Wheat Tortilla's | 1 Tbsp chili powder/chili flakes |
| 2 large can tuna fish (approx. 400gm, drained of liquid) | 1 Tsp cumin ground |
| 1 small red onion (peeled, roughly chopped) | 1 Tsp oregano |
| 2 each garlic cloves (rough chopped) | 1 Tsp white sugar |
| ¼ cup tinned pineapple (2 slices and juice) | salt & pepper to taste |
| 1 each lime (juiced) | 2 Tbsp coriander (roughly chopped) |
| 2 Tbsp orange juice | 100 gm cheddar cheese (grated) |
| 1 Tbsp apple cider vinegar | 100 gm mozzarella cheese (grated) |

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Method

First, make the Al Pastor marinade by blending the red onion, garlic, tinned pineapple, lime juice, orange juice, vinegar, chili, cumin, oregano with the sugar to a smooth paste/puree. Season with salt & black pepper to taste.

In a bowl, mix tuna fish with most of the Al Pastor marinade and mix.
Taste and add more marinade until the desired personal flavour is achieved.
Add the chopped coriander and mix.

Divide the tuna mix between the 4 tortillas on one side only, then top with equal amounts of the grated cheeses. Fold each tortilla half over and press lightly.

Preheat a large non-stick pan over a medium/high heat.
Once hot, add as many quesadilla's that can fit (the tuna filling should be closest to the pan base).
Check after 1 minute and if the tortillas are golden brown, carefully flip over with a spatula. Cook for a further minute (the cheeses should be closest to the pan base now).
Repeat with any remaining quesadillas – keep the cooked ones warm under the grill.

Cut each quesadilla in half and serve.

Notes from the chef:

Tinned mackerel or salmon may be substituted.

Lancashire or Red Leicester cheese can be used instead of cheddar.

The marinade can be made spicier or milder by changing the amount of chili used. The traditional recipe uses chipotle chili's in adobo sauce and if you can find these – use them!

The marinade can be made in advance and kept safely in the fridge.

Any left over pineapple slices can be charred in the same pan as the quesadillas were cooked in then chopped and served with the quesadillas.

Tbsp - tablespoon

Tsp - teaspoon