

Chicken Quesadilla



Oh boy, this recipe it's so easy and time friendly that going to fast food restaurants will be part of your dark history. You only need 30 min. and some leftovers to make it. Feel free to replace the meat with some fried mushrooms to make it vegetarian friendly.

And improvise! Cooking it's about having fun!

Serves: 2

You'll need:

- Lebanese flat bread – 3
- Red Bell-Pepper – 1, chopped
- Green onion – chopped
- Chicken Breast – 1/2 diced
- Shredded cheese
- Mayo – cateva linguri
- Tomatoes – 1 – deseeded and chopped



How it's done?

I fried chicken pieces in a pan for a few minutes, until the pieces are all golden on the outside. While the chicken is in the pan we will handle the vegetables. Cut the pepper and tomatoes into small pieces and set aside.

Spread on half of your lebanese flat bread some mayo (not too much) with shredded cheese, vegetables and chicken pieces. Fold the quesadilla in half and place it onto a pan over low heat, until the cheese melts – be sure to put it on both sides so that the bread will be crispy.

And this is it!

Arriba, arriba, andale, andale... Go make a quesadilla!

Quesadilla Power!



Ratatouille with Chicken



It's autumn, and we start to enjoy the comfort of our homes, it's warmth, that everything it's going to be ok feeling. You know! This dish, it's perfect for those moments, when you need comfort food, a hot shower, a book, a good movie and a hug.

I know that all you want in some days is to go in bed and just finish the day faster, i know that feeling. But also try to enjoy that feeling you get when you cook for your family, that feeling that you protect them and they got your back covered.

Serves: 2

You'll need:

- Vegetable oil
- Chicken legs – 2
- Red onion – 1 (cut into wedges)
- Garlic – 4 cloves
- Paprika – 1 tsp.
- Red pepper – 1 cut into pieces
- Aubergine – 1 small and sliced
- Courgettes or zucchini – chopped
- Tomato puree – 1 tbsp.
- Stock or water – 100 – 150 ml
- Tomatoes – 1 chopped
- Fresh Basil leaves
- Salt
- Pepper

Pre-heat the oven, it won't take long before we'll use it to put our dish there. Heat the **oil** in a pan and brown the **chicken** on all sides, until it changes it's color, then set aside. In the same pot add the **onion** and cook it for 5 minutes, until it's all soft and sparkly. Add the **garlic and paprika**, and mix everything, stirring for 1 minute. It's pepper time! Add the **pepper, the aubergine and the courgettes**. Stir in **1tbsp. tomato puree** and pour the **stock**. Return the chicken to the pan, and season with salt and a pinch of pepper.

Cover the pot and place it in the oven for 30 minute, adding the **sliced tomatoes and basil**. Let it cook for another 20 minutes.

Enjoy!



Pasta Sauce



This is an easy Tomato-Pasta-Sauce, extremely versatile, cheap and Oh-so-good! I'm sick and tired to buy the sauce for my pasta, when it's summer, almost autumn, and you can find all the ingredients in your local farmers market place, with great flavour and for a good price.

Just, please be careful not to eat the sauce, all of it, try to use some on your pasta dish too... i mean if it's possible.

You'll need:

- Tomatoes 1,5 kg peeled (to peel the tomatoes pour boiling water in a large bowl for a few minutes – skin will easily fall)
- Carrots – 2 pcs. medium
- Onion – 2 pcs.
- Bell-Pepper – 1
- Bay leaves – 3-4
- Basil – 10 fresh leaves
- Savory – a pinch
- Olive oil – 50 ml
- Garlic – 4 cloves
- Salt
- Pepper
- Brown sugar – 1 tablespoon

Method:

Put the diced onion in a large stockpot and cook it for 5 minute in olive oil – until softened. After that add grated carrots and bell pepper and sote for another 5 – 10 minutes. After that, using the flat of a small knife squash the garlic and cook for 1 min.

Meanwhile make the tomatos puree and add it in the pot. Also add bay leaves, minced basil, a pinch of savory, salt, pepper and brown sugar.

Let it simmer, uncovered, for 1-2 hours stirring occasionally. Use a blender to puree the sauce until smooth or you can skip this step if you want a thicker sauce.

This is it, you have home-made pasta sauce.

Make pasta not war!



Foto: Ionela Stoica