

Sweet Potato & Spinach Quesadillas

Nom nom nom... these Mexican street food favourites are just a yummy snack or meal any time of day. Once the potatoes are in and roasting, they are also very quick to put together: you could try adding whatever else you fancy too – sweet peppers, lime-spiced ground beef, refried kidney beans... Some people might prefer to make their own tortillas; but we also have them for sale in the shop. Try this recipe out for a very tasty and easy meat-free dinner, using any greens – just wilt cabbage or kale for a minute or two first.

Serves 4

- 2 medium sweet potatoes
- ½ lemon, juiced
- 1 tsp treacle or sugar
- 1 large red onion, sliced
- salt & freshly ground black pepper
- ¼ tsp paprika
- ¼ tsp cumin
- ¼ tsp mild chilli powder
- 8 flour tortillas
- 1 bag spinach (or wilted greens)
- 1 mozzarella ball
- 4 tsp olive oil



SXC

Roast the whole sweet potatoes under tender (around 50 minutes at 180C). Fry the sliced onions gently in a little of the oil, with the lemon juice and treacle and season. Cut open the cooked potatoes and spoon out the flesh and transfer to a bowl; mash with the spices and season. Spoon onto four tortillas, and top each one with a spoonful of onions, handful of washed and shredded spinach, piece of mozzarella and another tortilla. Heat a large frying pan over medium heat, and fry each quesadilla in a little oil on each side for a couple of minutes until crisping up. Cut quesadillas in quarters and serve with a fresh salad, salsa and guacamole.



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This week we love...

Delicious Delights

A couple of weeks ago we highlighted our new range of Cotswold Puddings that we stock in the chiller: toffee, ginger, lemon, chocolate... and these have been going like hot cakes (hee hee!).

We also have a range of cakes and puddings made even closer to home, by our friend Katherine at **Delicious Delights**. Not only does she live here in Purton, but she also makes her cakes using our own Purton House organic eggs! Her cakes are delicious (she has



one customer at her market stall who buys two fruit cakes every single week!), and also very affordable, so perfect for an everyday treat. Try some next time you are in – you won't be disappointed!

Half Fruit Cake £2.50

Half Lemon Drizzle Cake £2.50

Sponge Puddings (Syrup or Jam) £2.75

Meringues £2.75

Purton
Farm Shop



From our land to your hand

Open Tuesday-Friday 9.30am-5.30pm
Saturday 9.30am-4pm
Sunday 11am-4pm

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