

Chicken Quesadillas

Creamy chicken and corn quesadillas served with crunchy veggies. This dish makes a great platter-style dinner!

25 MINUTES | 2 SERVINGS | CHICKEN

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	39g	71g

FROM YOUR BOX

AVOCADO	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
CORN COB	1
PRE-COOKED CHICKEN	1 packet
PHILADELPHIA CREAM CHEESE	1 tub
LEBANESE FLATBREAD	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, smoked paprika

COOKING TOOLS

large frypan

The flatbreads are perfect for mini pizzas! Spread base with cream cheese and top with chicken & corn.

Before you start cooking!
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - flatbread is replaced with GF wraps.



1. MASH AVOCADO & PREP VEGGIES

Mash **avocado** with **1-2 tsp olive oil** using a fork. Season with **salt** to taste.

Chop **cucumber** and halve **cherry tomatoes.** Arrange in a bowl.

tip *Dice avocado if you prefer. Chop the tomatoes smaller to include in the quesadilla filling!*



2. COOK THE FILLING

Heat a large frypan with **oil** over medium heat. Remove **corn kernels** from **cob** and cook with **chicken** for 2-3 minutes. Season with **salt** and **2 tsp smoked paprika.** Stir in **cream cheese** and **1/3 cup water**. Cook for a further 3-4 minutes until combined.



3. ASSEMBLE THE QUESADILLAS

Rub **flatbread** with **oil** on one side. Arrange on your bench, oiled side down. Add **filling** to one half of each **flatbread** then fold over.

tip *Add some grated cheddar to make the quesadillas extra cheesy!*



4. COOK THE QUESADILLAS

Clean frypan and re-heat over medium-high heat. Add **quesadillas** and cook for 2-3 minutes on each side or until golden and crispy.

tip *Use a sandwich press if you have one!*



5. FINISH AND SERVE

Transfer **quesadillas** to a board and slice. Serve at the table with **mashed avocado** and **crunchy veggies.**

tip *Use scissors to wedge quesadillas. Serve with some sour cream or salsa if you like!*