



Product Spotlight: Lebanese Flatbreads

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.



Chilli Con Carne with Cheesy Quesadillas

A family favourite! Mexican beef stew with sweet potato and mixed beans served with toasted cheese and spring onion quesadillas on the side.



25 minutes



4 servings



Beef

10 March 2023

Add some extras!

You can add some sliced mushrooms, diced capsicum or avocado to the quesadillas if you have some! This is a mild chilli con carne – add some dried chilli flakes for heat if you like.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	30g	95g

FROM YOUR BOX

SPRING ONIONS	1 bunch
BEEF MINCE	500g
SWEET POTATOES	600g
GREEN CAPSICUM	1
CORN COB	1
TOMATO PASTE	1 sachet
TINNED MIXED BEANS	400g
LEBANESE FLATBREADS	5-pack
GRATED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin, 1 stock cube (of choice)

KEY UTENSILS

large frypan with lid, frypan

NOTES

If you don't have a non stick frypan you can add oil to cook the beef.

You can fit 2 quesadillas at a time in the frypan when toasting. Use a sandwich press to toast the quesadillas if you have one.

No gluten option - Lebanese flatbreads are replaced with corn tortillas.



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1. COOK THE BEEF

Heat a large frypan over medium-high heat. Slice white ends of spring onions and add to pan with beef (see notes). Cook for 5 minutes until browned.



2. ADD THE VEGETABLES

Dice and add sweet potatoes (2-3cm) and capsicum. Remove corn from cob and add to pan. Stir in **1 tbsp paprika** and **1 tbsp cumin**. Cook for 2 minutes until fragrant.



3. SIMMER THE STEW

Stir in tomato paste, **1 crumbled stock cube**, mixed beans (including liquid) and **2 cups water**. Cover and simmer for 12-14 minutes or until sweet potato is tender. Season with **salt and pepper** to taste.



4. PREPARE THE QUESADILLAS

Meanwhile, slice spring onion tops (reserve some for garnish). Coat flatbreads with **oil**. Place even amounts of cheese and spring onions on one side of each flatbread and fold in half.



5. TOAST THE QUESADILLAS

Heat a frypan over medium-high heat. Toast quesadillas for 2 minutes each side until cheese is melted (see notes).



6. FINISH AND SERVE

Divide chilli con carne into bowls and garnish with spring onions. Cut quesadillas into triangles to serve.

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