

Chicken Quesadillas

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

25 MINUTES | 4/6 SERVINGS | CHICKEN

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g/39g	24g/29g	63g/66g

FROM YOUR BOX

	4 PERSON	6 PERSON
AVOCADO	1	2
LEBANESE CUCUMBER	1	2
YELLOW CAPSICUM	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
SPRING ONIONS	1 bunch	2 bunches
CORN COB	1	2
PRE-COOKED CHICKEN	1 packet	2 packets
PHILADELPHIA CHEESE	1 tub	2 tubs
LEBANESE FLATBREAD	1 packet	2 packets

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!
Wash your veggies and set out all ingredients, 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 **capsicum**, halve **cherry tomatoes**.

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



2. PREPARE THE FILLING

Thinly slice **spring onions.** Remove husks and silks from **corn cob**, remove kernels using a knife.

tip *The cooked chicken can come in large slices. You can dice it into smaller chunks if you prefer.*



3. COOK THE FILLING

Heat a large frypan with **oil** over medium heat. Cook **spring onions, corn** and **chicken** for 4-5 minutes. Season with **salt** and **2-3 tsp smoked paprika.** Stir in **cream cheese** and **1/3 cup water**. Cook for a further 3-4 minutes until combined.



4. 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!*



5. 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!*



6. 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!*