

FOR the
Little ONES

Chicken Quesadillas

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

 25 Minutes 4 Servings Chicken

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FROM YOUR BOX

AVOCADO	1
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	2 x 200g
SPRING ONIONS	1 bunch
CORN COB	1
PRE-COOKED CHICKEN	1 packet
PHILADELPHIA CHEESE	1 tub (140g)
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 corn tortillas.



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. Arrange in a bowl.

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



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!



2. PREPARE THE FILLING

Thinly slice spring onions. Remove husks & 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.



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!



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 tsp smoked paprika**. Stir in cream cheese and **1/3 cup water**. Cook for a further 3-4 minutes until combined.



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!