



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Avocado

Did you know that avocado is a fruit?  
Just 1/3 of an avocado contains 20 different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat...good fat!



## D4 Cheesy Chicken Quesadillas

Quesadillas made with rustic flatbreads and filled with chicken and melty cheese. Served with a snow pea sprout salsa, this makes a great platter style dinner!



25 minutes



4 servings



Chicken

27 May 2022

## Kid friendly!

*Mix up the filling to suit your taste! If the kids are not keen on beans, you can fill the breads with corn kernels, cheese and chicken! Add a little salsa or spice for flavour.*

## FROM YOUR BOX

CORN COBS	2
SNOW PEA SPROUTS	1 punnet
TOMATOES	2
AVOCADO	1
COOKED CHICKEN BREAST	1 packet
JIMJAM BEANS	1 jar
LEBANESE FLATBREADS	1 packet
SHREDDED CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red or white wine vinegar

## KEY UTENSILS

large frypan

## NOTES

There are 5 flatbreads in a packet. Fill half of the last flatbread with cheese and filling then fold to enclose.

Cook the quesadillas in a sandwich press if you have one! Use scissors to cut quesadillas for serving.

**No gluten option – flatbreads are replaced with 12-pack corn tortillas.**



### 1. CHAR THE CORN

Heat a large frypan over medium-high heat. Quarter corn cobs and rub with **oil**. Cook in pan for 10 minutes, turning occasionally, until golden and lightly charred. Set aside, keeping pan over heat (see step 5).



### 2. PREPARE THE SALSA

Chop sprouts and dice tomatoes and avocado. Toss in a bowl with **1/2 tbsp olive oil and 1/2 tbsp vinegar**. Season with **salt and pepper**.



### 3. MAKE THE FILLING

Tear chicken into smaller pieces (easiest to use your hands!) and combine with JimJam beans.



### 4. FILL THE BREADS

Arrange half of the flatbreads on the bench. Scatter with a little cheese and divide the chicken & bean mix between breads. Scatter with remaining cheese then place another flatbread on top (see notes).



### 5. COOK THE QUESADILLAS

Rub quesadillas with a little **oil** then place in frypan, one at the time, to cook for 2 minutes on each side or until golden (see notes). Transfer to a board and repeat with remaining quesadillas.



### 6. FINISH AND SERVE

Wedge quesadillas and serve at the table with corn and avocado salsa.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

