




Product Spotlight: Corn


Keep your corn in their husks and store in the fridge for up to 5 days. For longer storage, cut off the kernels and freeze in an airtight container.




Lamb Quesadillas with Corn Salsa

Crispy quesadillas filled with Mexican-spiced lamb mince and melted mozzarella, served with a fresh charred corn, tomato and coriander salsa brightened with lime.

 40 minutes

 Lamb

 2 servings

Add to it!

Stir a handful of baby spinach into the lamb filling for hidden greens! Serve quesadillas with sliced avocado, guacamole, or a dollop of sour cream or Greek yoghurt.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	39g	68g

FROM YOUR BOX

CORN COB	1
CORIANDER	1 packet
TOMATO	1
LIME	1
BROWN ONION	1
LAMB MINCE	300g
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet
WRAPS	8-pack
SHREDDED MOZZARELLA	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans

NOTES

Use wraps to taste.

If you like spice, serve with slices of chilli or jalapeño, your favourite hot sauce or a sprinkle of dried chilli flakes.

No gluten option – wraps are replaced with GF wraps.



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1. CHAR THE CORN

Remove **corn kernels** from cob. Heat a frypan over medium-high heat with **oil**. Add **corn** and cook for 4-6 minutes, or until charred. Pan for for step 5.



2. MAKE THE CORN SALSA

Finely chop **coriander roots** and **stems** (reserve **leaves** for garnish), dice **tomato** and zest **lime**. Add to a bowl along with **juice** from **1/2 lime** (wedge remaining), **charred corn**, **salt and pepper**. Mix to combine.



3. COOK THE LAMB

Dice **onion**. Heat a second frypan over medium-high heat with **oil**. Add **onion** and **mince**, breaking up any lumps with a spoon. Cook for 5 minutes until **mince** begins to brown.



4. SIMMER THE FILLING

Reduce to medium heat. Add **tomato paste** and **spice mix**. Cook for 1 minute, stirring occasionally. Add **3/4 cup water**. Simmer for 3-5 minutes until mixture has thickened. Season to taste with **salt and pepper**.



5. MAKE THE QUESADILLAS

Arrange **wraps** on your bench (see notes). Add even amounts of **filling** and **cheese** to one half of each **wrap** and fold over. Reheat frypan over medium-high heat with **oil**. Add **quesadillas** and cook for 1-2 minutes on each side or until golden and crispy.



6. FINISH AND SERVE

Halve **quesadillas** and arrange on a serving platter. Top with **corn salsa**, garnish with **coriander leaves** and serve with **lime wedges** (see notes).

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