



### 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



4/6 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
	32g/41g	25g/35g	52g/74g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
CORN COBS	2	3
CORIANDER	1 packet	2 packets
TOMATOES	2	3
LIME	1	2
BROWN ONION	1	2
TINNED KIDNEY BEANS	400g	400g
LAMB MINCE	300g	600g
TOMATO PASTE	1 sachet	2 sachets
MEXICAN SPICE MIX	1 packet	2 packets
WRAPS	8-pack	2x 8-pack
SHREDDED MOZZARELLA	1 packet	2 packets

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

2 frypans

## NOTES

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.

**6P** – add zest from both limes and juice from 1 lime.



### 3. COOK THE LAMB

Dice **onion** and drain **kidney beans**. 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 **kidney beans** and **1 cup water**. Simmer for 3-5 minutes until mixture has thickened. Season to taste with **salt and pepper**.

**6P** – add 1 1/2 cups water.



### 5. MAKE THE QUESADILLAS

Arrange **wraps** on your bench. 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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