



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Spring onions


Spring onions are very young onions picked before the bulb has had a chance to swell. The long, slender green tops and the small white bulb are edible and are tasty raw or cooked.



## 02 Cheesy Taco One Pan with Tortilla Strips

A one-pot Mexican delight, spiced quinoa and corn covered in melty cheese and topped with fresh avocado salsa, served with corn tortilla strips for dipping.

 30 minutes

 2 servings

 Vegetarian

August - September 2022

## Make Nachos!

*You can spread the cooked quinoa and corn over the corn chips, cover with cheese and bake until melty. Use the avocado to make guacamole and top with fresh salsa.*

## FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATOES	2
TOMATO PASTE	1 sachet
WHITE QUINOA	100g
AVOCADO	1
CORN COB	1
GRATED CHEESE	1 packet
TORTILLA STRIPS	1 bag

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin, 1 stock cube (of choice)

## KEY UTENSILS

frypan with lid

## NOTES

You can use a pre-made Mexican spice mix if you have one. If you're not a fan of cumin, you can use ground coriander instead. Add some crushed garlic or dried oregano for extra flavour.



### 1. SAUTÉ THE VEGETABLES

Slice spring onions (reserve some tops for step 3) and dice 1 tomato. Add to a frypan over medium-high heat with **oil**. Stir in **1/2 tbsp smoked paprika** and **1/2 tbsp cumin** (see notes). Cook for 5 minutes until fragrant.



### 2. SIMMER THE QUINOA

Crumble in **stock cube**. Stir in tomato paste, quinoa and **2 cups water**. Cover and simmer for 15 minutes until water is almost absorbed (see step 4).



### 3. PREPARE THE TOPPINGS

Dice remaining tomato and avocado. Combine with sliced spring onion tops.



### 4. MELT THE CHEESE

Remove corn kernels from cob. Stir through quinoa and season with **salt and pepper**. Spread cheese (to taste) on top. Cover and cook for a further 5 minutes until cheese is melted.



### 5. FINISH AND SERVE

Garnish quinoa with toppings. Serve with tortilla strips.

**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](mailto:hello@dinnertwist.com.au)

