




### 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.



## 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

## 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.*

Per serve: **PROTEIN** 31g **TOTAL FAT** 48g **CARBOHYDRATES** 102g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATOES	2
TOMATO PASTE	1 sachet
MIXED QUINOA	100g
AVOCADO	1
CORN COB	1
SHREDDED 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.



Scan the QR code to submit a Google review!



### 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**. Top with **cheese**. Cover and cook for further 5 minutes or until **cheese** is melted (finish in the oven if you prefer!)



### 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

