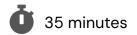






## Crispy Fried Egg and Potato Quesadillas

Paprika roasted potatoes in a cheesy quesadillas, served with crispy fried eggs, home-made tomato salsa, fresh avocado, and vinegar dressed cabbage.





2 servings



# Switch it up!

Use the salsa ingredients to make a guacamole! Use a fork or potato masher to mash avocado, add diced shallot and tomato, finely chopped coriander and crushed garlic. Season with salt and pepper and mix to combine!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

61g 74g

4g

133g

### **FROM YOUR BOX**

MEDIUM POTATOES	2
SHALLOT	1
ТОМАТО	1
CORIANDER	1 packet
GARLIC CLOVE	1
GREEN CABBAGE	1/4
AVOCADO	1
FREE-RANGE EGGS	6-pack
SHREDDED CHEDDAR CHEESE	1 packet
WRAPS	8-pack

### FROM YOUR PANTRY

oil for cooking, olive oil, apple cider vinegar, salt, pepper, smoked paprika, dried oregano

### **KEY UTENSILS**

oven tray, large frypan, saucepan

### **NOTES**

Use a stick mixer or small blender to blend salsa. Add a few drops of your favourite hot sauce or a fresh red chilli or jalapeño if desired.

No gluten option - wraps are replaced with corn tortillas. Warm according to packet instructions then follow step 5.



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### 1. ROAST THE POTATOES

Set oven to 220°C.

Dice potatoes. Toss on a lined oven tray with oil, 2 tsp paprika, salt and pepper. Roast for 25 minutes, or until golden.



### 2. PREPARE THE TOPPINGS

Dice shallot and tomato. Finely chop coriander roots and stems (set leaves aside for garnish). Crush garlic.

Thinly slice cabbage and add to a bowl with 1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper. Dice avocado.



### 3. MAKE THE SALSA

Heat saucepan over medium-high heat with oil. Add shallot, tomatoes, coriander, garlic and 2 tsp oregano. Sauté for 5-7 minutes until vegetables soften to salsa consistency. Season to taste with salt and pepper (see notes).



### 4. FRY THE EGGS

Heat a large frypan over medium-high heat with **1 tbsp oil**. Crack eggs into pan (use to taste) and cook to your liking. Remove eggs to a plate and reserve pan for step 5.



### 5. COOK THE QUESADILLA

Divide even amounts of roasted potatoes and cheese onto one side of each wrap (use to taste). Fold onto itself. Reheat frypan over medium-high heat with **oil**. Add quesadillas and cook for 2-3 minutes each side until golden and cheese is melted.



### 6. FINISH AND SERVE

Divide quesadillas among plates. Serve with a fried egg. Spoon on salsa, top with avocado and coriander leaves. Serve with dressed cabbage.

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