



Product Spotlight: Coriander

The whole coriander plant is edible with the roots carrying the most flavour! You either love or hate coriander, some people describe it as leaving a soapy taste in their mouths. The reason for the unpleasant taste has actually got to do with genetics!



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.



35 minutes



2 servings



Vegetarian

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	133g

FROM YOUR BOX

MEDIUM POTATOES	2
SHALLOT	1
TOMATO	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.



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.



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).



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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