



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



4 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	TOTAL FAT	CARBOHYDRATES
	28g	36g	58g

FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATOES	3
TOMATO PASTE	1 sachet
WHITE QUINOA	200g
AVOCADO	1
CORN COB	1
BLACK BEANS	400g
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 **2 tomatoes**. Add to a frypan over medium-high heat with **oil**. Stir in **1 tbsp smoked paprika** and **1 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 and drain **black beans**. Stir through quinoa and season with **salt and pepper**. Spread **cheese** 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**.



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