



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



4/6 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
4/6 Person:	25g	29g/32g	82g/100g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
TOMATOES	3	4
TOMATO PASTE	1 sachet	2 sachets
MIXED QUINOA	200g	200g + 100g
AVOCADO	1	2
CORN COB	1	2
BLACK BEANS	400g	400g
SHREDDED CHEESE	1 packet	1 packet
TORTILLA STRIPS	1 bag	2 bags

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 **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.

6P - use **1 1/2 tbsp each smoked paprika and cumin**. Dice **3 tomatoes**.



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).

6P - stir in **3 cups water**.



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**. Top with **cheese**. 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

