



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Did you know that avocado is a fruit? Just 1/3 of an avocado contains 20 different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat...good fat!



1 Melty Cheese Quesadillas with Chicken

Rustic flatbreads filled with chicken and melty cheese - Quesadillas make a great platter style dinner!

 20 minutes

 2 servings




 Chicken

2 July 2021

Spice it up!

We have kept the flavours of the quesadillas very mild to suit families, however, feel free to add spices to taste! Cumin, smoked paprika, oregano, chilli flakes or ground coriander all work really well!

FROM YOUR BOX

AVOCADO	1
RED ONION	1/2 *
CORIANDER	1 packet
TOMATO	1
YELLOW CAPSICUM	1/2 *
COOKED CHICKEN 	1 packet (250g)
TOMATO SALSA	1 jar
SOUR CREAM	1/3 tub *
FLATBREAD	1 packet
GRATED CHEDDAR	1 packet (200g)
 SWEET POTATO	300g
 KIDNEY BEANS	400g

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, red or white wine vinegar


KEY UTENSILS

large frypan x 2

NOTES

Cook the quesadillas in a sandwich press if you have one! Use any leftover cheese for the frypan lasagne (recipe 2).


No gluten option – flatbreads are replaced with GF wraps.

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



1. MAKE THE GUACAMOLE


Dice avocado and lightly mash with a fork. Finely chop 1/4 red onion, coriander and tomato, add to avocado with **1 tsp vinegar, salt and pepper**. Set aside.

 **VEG OPTION – Heat a large frypan with oil. Dice and add sweet potato (1cm) and cook for 6–8 minutes or until softened. Make guacamole as per instructions above.**



2. MAKE THE FILLING

Heat a large frypan with **oil** over medium heat. Chop remaining red onion and slice capsicum. Add to pan with chicken and 2 tbsp tomato salsa. Stir in sour cream, simmer for 5 minutes and season to taste.

 **VEG OPTION – Dice red onion, cut capsicum into strips and drain beans. Add to pan with 3 tbsp tomato salsa.**



3. MAKE THE QUESADILLAS

Rub flatbreads with **oil** on one side. Arrange on your bench, oiled side down. Add cheese and filling on one half of each bread. Add filling on top and then fold over.



4. COOK THE QUESADILLAS

Heat a large frypan over medium heat (see notes). Add quesadillas and cook for 2–3 minutes on each side or until golden and crisp.



5. FINISH AND SERVE

Transfer quesadillas to a board and slice. Serve at the table with avocado and tomato salsa for dipping.

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 **0481 072 599** or send an email to hello@dinnertwist.com.au

