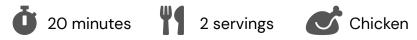


Product Spotlight: Avocado

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!

Melty Cheese Quesadillas with Chicken

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



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!

ACCORD TO THE

2 July 2021

SEE NOTES FOR VEGETARIAN INSTRUCTIONS

SIC

FROM YOUR BOX

AVOCADO	1
RED ONION	1/2 *
CORIANDER	1 packet
ΤΟΜΑΤΟ	1
YELLOW CAPSICUM	1/2 *
COOKED CHICKEN 🍄	1 packet (250g)
TOMATO SALSA	1 jar
TOMATO SALSA SOUR CREAM	1 jar 1/3 tub *
	-
SOUR CREAM	1/3 tub *
SOUR CREAM FLATBREAD	1/3 tub * 1 packet
SOUR CREAM FLATBREAD GRATED CHEDDAR	1/3 tub * 1 packet 1 packet (200g)

*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.

WEG 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.



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.



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.



5. FINISH AND SERVE

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



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.

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

