



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Kidney Beans


Kidney beans are named after the vital organ they resemble. An excellent source of plant-based protein, they are also rich in various minerals, vitamins, fibres & antioxidants.



1 Melty Cheese Quesadillas with Chicken

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

 20 minutes

 4 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

AVOCADOS	2
RED ONION	1/2 *
CORIANDER	1 packet
TOMATO	1
COOKED CHICKEN 	1 packet (250g)
TOMATO SALSA	1 jar
KIDNEY BEANS	400g
CAPSICUM STRIPS	1 tub (100g)
SOUR CREAM	1/3 tub *
FLATBREAD	1 packet
GRATED CHEDDAR	1 packet (200g)
 SWEET POTATO	300g
 CORN COBS	2

*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!


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 avocados and lightly mash with a fork. Finely chop 1/4 red onion, coriander and tomato, add to avocado with **1–2 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. 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.



2. MAKE THE BEAN FILLING

Heat a large frypan with oil over medium heat. Chop remaining 1/4 onion and add to pan with chicken and 3 tbsp tomato salsa. Drain and add beans and capsicum strips.

 **VEG OPTION** – Add 1/4 diced red onion, drained beans and capsicum strips to pan along with 3 tbsp salsa.




5. 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.



3. ADD THE SOUR CREAM


Stir in sour cream, simmer for 5 minutes and season to taste with salt and pepper.

 **VEG OPTION** – Cook as above. Quarter corn cobs and place in a saucepan of water. Bring to the boil then drain. Place in a bowl for serving.



6. FINISH AND SERVE

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

 **VEG OPTION** – Transfer quesadillas to a board and slice. Serve at the table alongside corn and 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

