



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!



D2 Cheesy Chicken Quesadillas

Quesadillas made with rustic flatbreads and filled with chicken and melty cheese. Served with a snow pea sprout salsa, this makes a great platter-style dinner!

 25 minutes

 2 servings

 Chicken

27 May 2022

Mix it up!

Spice up the filling with chilli, some smoked paprika or Mexican spice mix. You can add veggies like diced zucchini, baby spinach or add in the corn kernels.

FROM YOUR BOX

CORN COB	1
SNOW PEA SPROUTS	1 punnet
TOMATO	1
AVOCADO	1
COOKED CHICKEN BREAST	1 packet
SALSA	1 jar
LEBANESE FLATBREADS	1 packet
SHREDDED CHEESE	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan

NOTES

Freeze any remaining flatbreads.

Cook the quesadillas in a sandwich press if you have one! Use scissors to cut quesadillas for serving.

No gluten option – flatbreads are replaced with 12-pack corn tortillas.



1. CHAR THE CORN

Heat a large frypan over medium-high heat. Quarter corn cob and rub with **oil**. Cook in pan for 10 minutes, turning occasionally, until golden and lightly charred. Set aside, keeping pan over heat (see step 5).



2. PREPARE THE SALSA

Chop sprouts and dice tomato and avocado. Toss in a bowl with **1/2 tbsp olive oil** and **1/2 tbsp vinegar**. Season with **salt and pepper**.



3. MAKE THE FILLING

Tear chicken into smaller pieces (easiest to use your hands!) and combine with 1/2 jar salsa.



4. FILL THE BREADS

Arrange 2 flatbreads on the bench. Scatter with a little cheese and divide the chicken mix between breads. Scatter with remaining cheese then place another flatbread on top (see notes).



5. COOK THE QUESADILLAS

Rub quesadillas with a little **oil** then place in frypan, one at the time, to cook for 2 minutes on each side or until golden (see notes). Transfer to a board and repeat with remaining quesadillas.



6. FINISH AND SERVE

Wedge quesadillas and serve at the table with corn, fresh salsa and remaining sauce 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**

