



**Product Spotlight:  
Lebanese Flatbreads**


These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.




# Chilli Con Carne

## with Cheesy Quesadillas

A family favourite! Mexican beef stew with sweet potato served with toasted cheese and spring onion quesadillas on the side – BYO chilli if you like some spice!

 25 minutes

 4 servings

Beef

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	49g	48g	105g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
BEEF MINCE	600g
SWEET POTATOES	400g
GREEN CAPSICUM	1
TOMATOES	2
CORN COBS	2
TOMATO PASTE	2 sachets
LEBANESE FLATBREADS	5-pack
GRATED CHEDDAR CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin, 1 stock cube (of choice)

## KEY UTENSILS

large frypan with lid, frypan

## NOTES

If you don't have a non-stick frypan you can add oil to cook the beef.

You can fit 2 quesadillas at a time in the frypan when toasting. Use a sandwich press to toast the quesadillas if you have one.

**No gluten option** - Lebanese flatbreads are replaced with corn tortillas.



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### 1. COOK THE BEEF

Heat a large frypan over medium-high heat. Slice white ends of spring onions and add to pan with beef (see notes). Cook for 5 minutes until browned.



### 2. ADD THE VEGETABLES

Dice and add sweet potatoes (2-3cm), capsicum and tomatoes. Remove corn from cob and add to pan. Stir in **1 tbsp paprika** and **1 tbsp cumin**. Cook for 2 minutes until fragrant.



### 3. SIMMER THE STEW

Stir in tomato paste, **crumbled stock cube**, and **2 cups water**. Cover and simmer for 12-14 minutes or until sweet potato is tender. Season with **salt and pepper** to taste (see step 4).



### 4. PREPARE THE QUESADILLAS

Meanwhile, slice spring onion tops (reserve some for garnish). Coat flatbreads with **oil**. Place even amounts of cheese and spring onions on one side of each flatbread and fold in half.



### 5. TOAST THE QUESADILLAS

Heat a frypan over medium-high heat. Toast quesadillas for 2 minutes each side until cheese is melted (see notes).



### 6. FINISH AND SERVE

Divide chilli con carne into bowls and garnish with spring onions. Cut quesadillas into triangles to serve.

**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**

