



Product Spotlight: Lebanese Flatbreads

These flatbreads are baked fresh with no preservatives. Keep them in the fridge or freezer and they thaw in minutes, ready whenever you need them.



Chilli Con Carne with Cheesy Quesadillas

A family favourite. Mexican beef stew with sweet potato, served alongside toasted cheese and spring onion quesadillas. BYO chilli if you like some spice!

Add some extras!

You can add some tinned beans, sliced mushrooms, diced capsicum or avocado to the quesadillas if you have them on hand! This chilli con carne is mild – add some dried chilli flakes for heat if you like.



25 minutes



4/6 servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	39g	26g/30g	53g/58g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
BEEF MINCE	600g	600g + 300g
SWEET POTATOES	400g	800g
GREEN CAPSICUM	1	2
TOMATOES	2	3
CORN COBS	2	3
TOMATO PASTE	2 sachets	3 sachets
LEBANESE FLATBREADS	5-pack	2 x 5-pack
SHREDDED CHEDDAR CHEESE	1 packet	2 packets

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.



Scan the QR code to submit a Google review!



1. COOK THE BEEF

Heat a large frypan over medium-high heat. Slice white ends of spring onions (reserve remaining for step 4) and add to pan with **beef** (see notes). Cook for 5 minutes until browned.



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.



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.

6P – stir in 1 1/2 tbsp paprika and 1 1/2 tbsp cumin.



5. TOAST THE QUESADILLAS

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



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).

6P – stir in 3 cups water.



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

