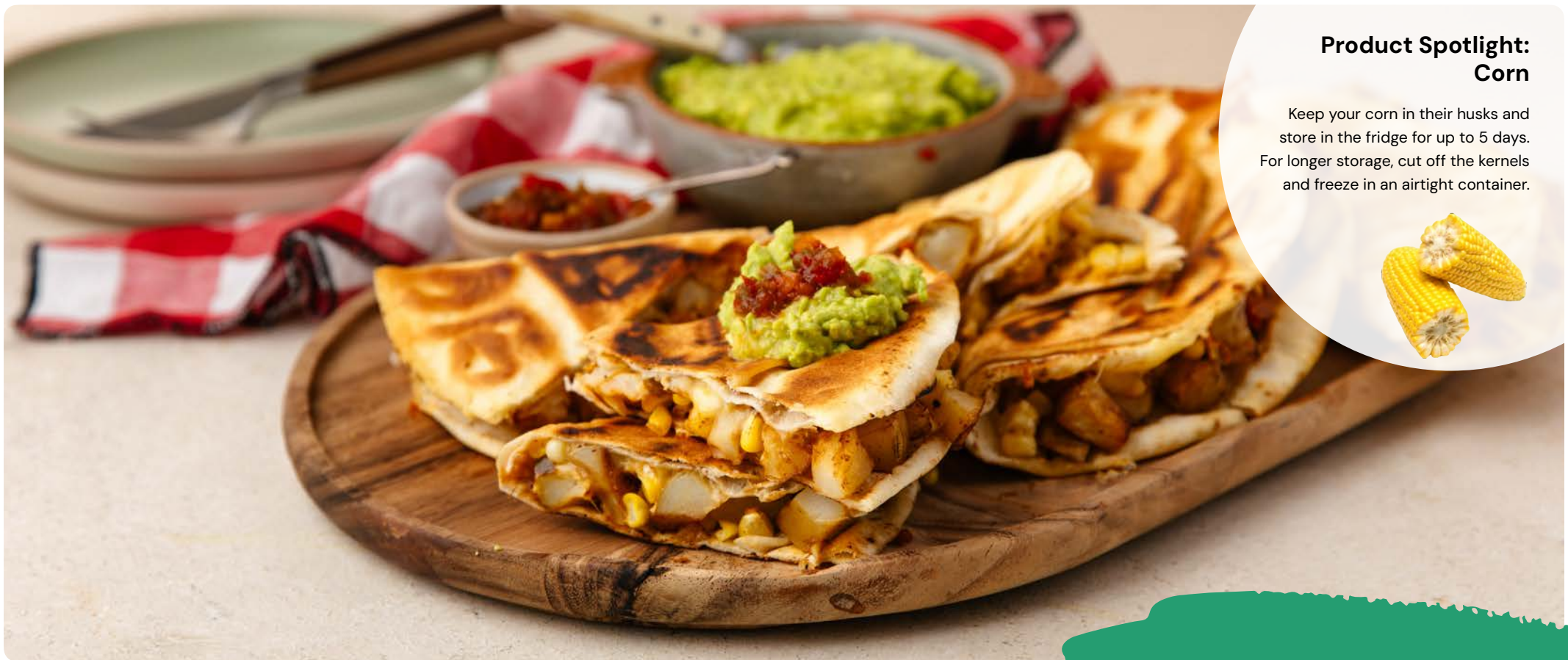




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Corn

Keep your corn in their husks and store in the fridge for up to 5 days. For longer storage, cut off the kernels and freeze in an airtight container.



Cheesy Corn Quesadillas

with Jalapeño Relish

Crispy golden flatbreads filled with spiced potato, sweet corn, melted cheese and jalapeño relish, served with creamy mashed avocado.



35 minutes



Vegetarian



4/6 servings

Bulk it up!

Add black beans to the potato and corn filling, or serve with a fried egg on top for extra protein.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g/27g	30g	88g/93g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
AVOCADOS	2	2
CORN COBS	2	3
FLATBREAD	1 packet	2 packets
JALAPENO RELISH	1 jar	2 jars
SHREDDED CHEDDAR CHEESE	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, oven tray

NOTES

To spice up the mashed avocado, add lime juice, chopped coriander, finely diced onion or a pinch of chilli flakes.

Jalapeño relish adds a mild kick. Use a little or a lot, depending on your heat preference.

No gluten option – wraps are replaced with GF wraps.



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1. ROAST THE POTATOES

Set oven to 220°C.

Dice **potatoes** into 1–2cm pieces. Toss on an oven tray with **oil**, **3 tsp smoked paprika**, **salt** and **pepper**. Roast for 15 minutes, then see step 3.

6P – use 1 tbsp smoked paprika.



4. ASSEMBLE QUESADILLAS

Add **potato and corn mix** to one half of each **flatbread**. Add about **1 tbsp jalapeño relish** per quesadilla (see notes) and sprinkle over **shredded cheddar cheese**. Fold over to enclose filling.



2. MASH THE AVOCADO

Roughly mash **avocados** with **1/2–1 tbsp olive oil**, **salt** and **pepper**. Set aside for serving. (see notes).



5. COOK THE QUESADILLAS

Brush or rub both sides of each **quesadilla** with **oil**. Heat a large frypan over medium heat. Cook quesadillas for 2–3 minutes each side until golden, crisp and cheese has melted.



3. ADD THE CORN

Remove kernels from **corn cobs**. Toss potatoes, then add corn to the tray. Roast for a further 10 minutes or until potatoes are golden and tender.



6. FINISH AND SERVE

Slice **quesadillas** into wedges. Serve with **mashed avocado** and remaining **jalapeño relish**.

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