




### Product Spotlight: Coriander


The whole coriander plant is edible with the roots carrying the most flavour! You either love or hate coriander, some people describe it as leaving a soapy taste in their mouths. The reason for the unpleasant taste has actually got to do with genetics!



## Crispy Fried Egg and Potato Quesadillas

Paprika roasted potatoes in a cheesy quesadillas, served with crispy fried eggs, home-made tomato salsa, fresh avocado, and vinegar dressed cabbage.

 35 minutes

 4 servings

 Vegetarian

### Switch it up!

*Use the salsa ingredients to make a guacamole! Use a fork or potato masher to mash avocado, add diced shallot and tomato, finely chopped coriander and crushed garlic. Season with salt and pepper and mix to combine!*

Per serve: **PROTEIN** 35g **TOTAL FAT** 47g **CARBOHYDRATES** 91g



## FROM YOUR BOX

MEDIUM POTATOES	4
SHALLOT	1
TOMATOES	3
CORIANDER	1 packet
GARLIC CLOVES	2
GREEN CABBAGE	1/2
AVOCADOS	2
FREE-RANGE EGGS	6-pack
SHREDDED CHEDDAR CHEESE	1 packet
WRAPS	8-pack

## FROM YOUR PANTRY

oil for cooking, olive oil, apple cider vinegar, salt, pepper, smoked paprika, dried oregano

## KEY UTENSILS

oven tray, large frypan, saucepan

## NOTES

Use a stick mixer or small blender to blend salsa. Add a few drops of your favourite hot sauce or a fresh red chilli or jalapeño if desired.

**No gluten option – wraps are replaced with corn tortillas.** Warm according to packet instructions then follow step 5.



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### 1. ROAST THE POTATOES

Set oven to 220°C.

Dice potatoes. Toss on a lined oven tray with **oil, 3 tsp paprika, salt and pepper.**

Roast for 25 minutes, or until golden.



### 2. PREPARE THE TOPPINGS

Dice shallot and tomatoes. Finely chop coriander roots and stems (set leaves aside for garnish). Crush garlic.

Thinly slice cabbage and add to a bowl with **2 tbsp olive oil, 1 tbsp vinegar, salt and pepper.** Dice avocados.



### 3. MAKE THE SALSA

Heat saucepan over medium-high heat with **oil.** Add shallot, tomatoes, coriander, garlic and **1 tbsp oregano.** Sauté for 5–7 minutes until vegetables soften to salsa consistency. Season to taste with **salt and pepper** (see notes).



### 4. FRY THE EGGS

Heat a large frypan over medium-high heat with **1 tbsp oil.** Crack eggs into pan, in batches if necessary, and cook to your liking. Remove eggs to a plate and reserve pan for step 5.



### 5. COOK THE QUESADILLA

Divide even amounts of roasted potatoes and cheese onto one side of each wrap. Fold onto itself. Reheat frypan over medium-high heat with **oil.** Add quesadillas and cook for 2–3 minutes each side until golden and cheese is melted.



### 6. FINISH AND SERVE

Divide quesadillas among plates. Serve with a fried egg. Spoon on salsa, top with avocado and coriander leaves. Serve with dressed cabbage.

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