



UCCOOK

Mexican Street Corn Quesadilla

with homemade guacamole & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	672kJ	4936kJ
Energy	161kcal	1181kcal
Protein	4.2g	31g
Carbs	16g	118g
of which sugars	2.7g	19.8g
Fibre	3.5g	25.5g
Fat	8.9g	65.6g
of which saturated	3.1g	22.9g
Sodium	175mg	1287mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ½ [1]</i>
100g	200g	Corn
1	1	Garlic Clove <i>peel & grate</i>
7.5ml	15ml	Old Stone Mill Mexican Spice
60ml	125ml	Sour Cream
15g	30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
	100ml	Grated Cheddar & Mozzarella Cheese
20ml	40ml	Lime Juice
3g	5g	Fresh Coriander
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
2	4	Wheat Flour Tortillas

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

1. SPICY CORN Place a pan over medium-high heat with a generous knob of butter. When hot, fry the onion and the corn until golden, 5-6 minutes (shifting occasionally). Add the garlic and the Mexican spice. Fry until fragrant, 30-60 seconds (shifting constantly). Remove from the heat.

2. CREAMY FILLING Place the onion and corn mixture (with any melted butter from the pan) in a bowl. Combine with the sour cream, jalapeños (to taste), cheese, ½ the lime juice (to taste), ½ the coriander, and seasoning.

3. GUAC DIP Place the avocado flesh into a bowl and mash with a fork. Add the remaining lime juice (to taste) and season.

4. ASSEMBLY LINE Spread the creamy corn filling on 1 [2] tortilla/s. Top with the remaining tortilla/s and gently press down so they stick together.

5. TOASTED TORTILLAS Place the quesadilla in a clean pan or grill pan over medium heat. Toast until golden, 1-2 minutes. Cover the pan with a chopping board or a plate. Flip the pan quickly, so the quesadilla flips onto the board or plate. Slide the quesadilla back into the pan, so the untoasted side is on the base of the pan. Toast until the cheese is melted, 1-2 minutes. Remove from the pan and cut into 4 triangles. Repeat with the remaining quesadillas.

6. DIG IN! Arrange the street corn quesadilla triangles on a plate. Serve the guacamole on the side and garnish with the remaining coriander. Enjoy!