



UCCOOK

Chicken Mince Quesadillas

with corn, pickled jalapeño & guacamole

Indulge in a tantalising treat with our chicken mince quesadilla! A warm tortilla filled with juicy chicken mince, charred corn, spicy jalapeño, and gooey grated cheese. Served with a zesty guacamole bursting with fresh tomato and lemon juice. Perfect for a quick and delicious meal.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Waterkloof | False Bay Chardonnay

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Ingredients & Prep

1	Onion <i>½ peeled & roughly sliced</i>
50g	Corn
150g	Free-range Chicken Mince
10ml	NOMU Mexican Spice Blend
40g	Guacamole
1	Tomato <i>½ rinsed & finely diced</i>
10ml	Lemon Juice
2	Wheat Flour Tortillas
50ml	Sour Cream
15g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
50g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. MINCE MIX Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the corn until golden, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). In the final minute, add the NOMU spice blend and seasoning. Remove from the heat and cover.

2. GUAC GUAC GO In a bowl, combine the guac, the diced tomato, the lemon juice, and seasoning.

3. START THE ASSEMBLY LINE Smear each tortilla with the sour cream. Top 1 of the tortillas with the corn & mince mixture, the chopped jalapeño (to taste), and the grated cheese. Sandwich the loaded tortilla with the remaining tortilla.

4. TOASTY TRIANGLES Place the quesadilla in a clean pan over medium heat and heat 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.

5. TIME TO DINE! Plate up the cheesy quesadilla triangles. Garnish with any remaining jalapeño. Serve the guacamole on the side for dunking. Enjoy!

Nutritional Information

Per 100g

Energy	676kJ
Energy	161kcal
Protein	8.2g
Carbs	13g
of which sugars	2.8g
Fibre	1.5g
Fat	8.3g
of which saturated	3.4g
Sodium	262mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day