

UCOOK

Mexican Street Corn Quesadilla

with homemade guacamole & fresh coriander

A veggie twist on a dish everyone loves! Charred corn, sour cream, pickled jalapeños, lime juice, oozy cheese and fresh coriander is packed into tortillas and toasted to melty perfection. Sided with a chunky homemade guacamole dip.

Hands-on Time: 20 minutes Overall Time: 30 minutes

Serves: 2 People

Chef: Rhea Hsu

Veggie

No paired wines

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1	Red Onion peeled & finely diced
200g	Corn
1	Garlic Clove peeled & grated
15ml	NOMU Mexican Spice Blend
125ml	Sour Cream
30g	Sliced Pickled Jalapeños drained & roughly chopped
100g	Grated Cheddar & Mozzarella Cheese
40ml	Lime Juice
8g	Fresh Coriander rinsed, picked & roughly chopped
1	Avocado
1	Tomato diced
4	Wheat Flour Tortillas
From Yo	ur Kitchen
Oil (cool Salt & Pe Water Butter	king, olive or coconut) epper

Ingredients & Prep

1. SPICY CORN Place a pan over medium-high heat with a generous knob of butter. When hot, fry the diced onion and the corn until golden, 5-6 minutes (shifting occasionally). Add the grated garlic and the NOMU spice blend. Fry until fragrant, 30-60 seconds (shifting constantly). Remove from the heat.
2. CREAMY FILLING Place the onion & corn mixture (with any melted butter from the pan) in a bowl. Combine with the sour cream, the chopped jalapeños (to taste), the grated cheese, ½ the lime juice (to taste), ½ the chopped coriander, and seasoning.
3. GUAC DIP Halve the avocado and remove the pip. Scoop the avocado flesh into a bowl and mash with a fork. Mix through the diced tomato, the remaining chopped coriander, the remaining lime juice (to taste), and seasoning.
4. ASSEMBLY LINE Spread the creamy corn filling on 2 tortillas. Top with the remaining tortillas 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 quesadilla.

with the guacamole on the side. Enjoy!

Nutritional Information Per 100g

Energy

Energy Protein

Carbs

of which sugars Fibre

Fat

of which saturated Sodium

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

6. DIG IN! Arrange the street corn quesadilla triangles on a plate. Serve

Cook within 4 Days

661kJ

4.4g

16g

3.1g

2.9g

8.6g

3.1g

215mg

158kcal