



Tex-Mex Pork Quesadillas

with Cheddar Cheese & Sweetcorn Salsa

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Baby Leaves



Sweetcorn



Capsicum



Pork Mince



Tex-Mex Spice Blend



Tomato Paste



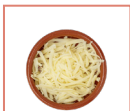
Mini Flour Tortillas



Shredded Cheddar Cheese



Sour Cream



Shredded Cheddar Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Loaded with juicy spiced pork, veggies and melted Cheddar cheese, it's hard to resist these incredibly delicious quesadillas. Plus, it takes just 30 minutes to have this Tex-Mex feast on your dinner table!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
baby leaves	1 small packet	1 medium packet
sweetcorn	1 medium tin	1 large tin
capsicum	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	½ cup	¾ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
sour cream	1 medium packet	2 medium packets
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (717Cal)	661kJ (158Cal)
Protein (g)	42.4g	9.3g
Fat, total (g)	35.3g	7.8g
- saturated (g)	18.2g	4g
Carbohydrate (g)	51.7g	11.4g
- sugars (g)	13.3g	2.9g
Sodium (mg)	1344mg	296mg
Dietary Fibre (g)	10.7g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3356kJ (802Cal)	708kJ (169Cal)
Protein (g)	47g	9.9g
Fat, total (g)	42.8g	9g
- saturated (g)	22.7g	4.8g
Carbohydrate (g)	51.7g	10.9g
- sugars (g)	13.3g	2.8g
Sodium (mg)	1482mg	313mg
Dietary fibre	10.7g	2.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW17



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **garlic**. Roughly chop **baby leaves**. Drain **sweetcorn**. Thinly slice **capsicum**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are “popping” out.

Little cooks: Under adult supervision, older kids can help drain the corn.



Bake the quesadillas

- Arrange **mini flour tortillas** on a lined oven tray. Divide **pork filling** between **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold the empty half of each **tortilla** over to enclose the filling and press down gently with a spatula. Brush (or spray) the **tortillas** with a drizzle of **olive oil**, then season with **salt** and **pepper**.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into the quesadillas.

Custom Recipe: If you've doubled your shredded Cheddar cheese, follow step as above.



Cook the pork

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **capsicum** and cook, stirring, until tender, **4-5 minutes**.



Make the salsa

- While the quesadillas are baking, add **baby leaves** to the bowl of **charred corn**, along with a drizzle of **white wine vinegar** and **olive oil**. Season, then stir to combine.

Little cooks: Take the lead and help toss the salsa.



Make the filling

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **garlic** and **Tex-Mex spice blend** to the pan and cook until fragrant, **1 minute**.
- Add **tomato paste**, the **brown sugar** and **water** and cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste.



Serve up

- Divide Tex-Mex pork quesadillas between plates.
- Serve with sweetcorn salsa and **sour cream**. Enjoy!

TIP: Cut the quesadillas into wedges if you prefer!

Rate your recipe

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