



Tex-Mex Pulled Pork Quesadillas

with Cheddar Cheese & Sour Cream

KID FRIENDLY

Grab your meal kit with this number

3



Celery



Capsicum



Carrot



Sweetcorn



Pulled Pork



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Sour Cream



Pulled Pork



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Pulled pork is on the menu! It's succulent, super-tasty and works a treat in these easy and delicious quesadillas. With the slow cooking already done, the pork just needs to be heated and it's ready to enjoy. Here, we've stirred it through a Mexican-style sauce to make a mouth-watering filling that's ready to be spread over tortillas and baked to perfection.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
celery	1 stalk	2 stalks
capsicum	1	2
carrot	½	1
sweetcorn	1 medium tin	1 large tin
pulled pork	250g	500g
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
mild chipotle sauce	1 large packet	2 large packets
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3340kJ (799Cal)	624kJ (149Cal)
Protein (g)	35.3g	6.6g
Fat, total (g)	45g	8.4g
- saturated (g)	22.4g	4.2g
Carbohydrate (g)	62.2g	11.6g
- sugars (g)	18.6g	3.5g
Sodium (mg)	2110mg	394mg
Dietary Fibre (g)	9.5g	1.8g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **celery** and **capsicum**.
- Grate **carrot** (see ingredients).
- Drain **sweetcorn**.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **celery, capsicum, carrot** and **sweetcorn**, stirring, until softened, **5 minutes**.



Cook the pork filling

- Add **pulled pork, Tex-Mex spice blend, tomato paste** and **mild chipotle sauce** and cook until fragrant, **2 minutes**.
- Add the **water** and **brown sugar**, then stir to combine. Cook until heated through, **1 minute**.



Assemble the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray.
- Divide **pork filling** between **tortillas**, spooning it over 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.

Little cooks: Take charge of assembling the quesadillas!



Bake the quesadillas

- Brush or spray **tortillas** with a drizzle of **olive oil** and 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**.



Finish & serve

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

We're here to help!

Scan here if you have any questions or concerns

2026 | CW07



CUSTOM OPTIONS



PULLED PORK:

Follow method above, cooking in batches if necessary.



BEEF MINCE:

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

