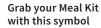


Cheesy Louisiana Pork & Veggie Quesadillas

with Garlic Aioli

KID FRIENDLY











Carrot



Sweetcorn





Pork Mince



Tomato Paste



Tortillas

Louisiana Spice

Blend



Shredded Cheddar



Garlic Aioli





Prep in: 15-25 mins Ready in: 25-35 mins

Pork mince meet veggies, they're both going to be taking up residence in golden quesadillas. It has all the luxuries we expect like Cheddar cheese, a saucy base and who could forget the garlic aioli. We think they will be very happy here, just like you will be when you dig in!

Pantry items

Olive Oil, Butter, Brown Sugar

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

| 9 | | | | |
|----------------------------|-------------------|----------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| onion | 1 (medium) | 1 (large) | | |
| celery | 1 stalk | 2 stalks | | |
| carrot | 1 | 2 | | |
| sweetcorn | 1 tin | 1 tin | | |
| pork mince | 1 packet | 1 packet | | |
| Louisiana spice blend | 1 sachet | 2 sachets | | |
| tomato paste | 1 packet | 2 packets | | |
| water* | 1/4 cup | ½ cup | | |
| butter* | 20g | 40g | | |
| brown sugar* | ½ tsp | 1 tsp | | |
| mini flour tortillas | 6 | 12 | | |
| shredded Cheddar cheese | 1 packet (40g) | 1 packet (80g) | | |
| garlic aioli | 1 medium packet | 1 large packet | | |
| beef mince** | 1 packet | 1 packet (or 2 packets) | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3507kJ (838Cal) | 682kJ (163Cal) |
| Protein (g) | 40.4g | 7.9g |
| Fat, total (g) | 47.8g | 9.3g |
| - saturated (g) | 19.9g | 3.9g |
| Carbohydrate (g) | 58.9g | 11.5g |
| - sugars (g) | 14.3g | 2.8g |
| Sodium (mg) | 2058mg | 400mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3798kJ (908Cal) | 739kJ (177Cal) |
| Protein (g) | 44.6g | 8.7g |
| Fat, total (g) | 52.3g | 10.2g |
| - saturated (g) | 22.8g | 4.4g |
| Carbohydrate (g) | 58.9g | 11.5g |
| - sugars (g) | 14.3g | 2.8g |
| Sodium (mg) | 2023mg | 394mg |

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





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop **onion** and **celery**. Grate the **carrot**.
- Drain the sweetcorn.

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



Bake the quesadillas

- Arrange mini flour tortillas over 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 filling and press down with a spatula. Brush (or spray) **tortillas** with a drizzle of **olive oil**. 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.

Little cooks: Help out by sprinkling over the cheese and folding the tortillas!



Cook the pork filling

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook pork mince, onion, celery and carrot, breaking mince up with a spoon, until just browned, 6-7 minutes.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! Add Louisiana spice blend, sweetcorn, tomato paste, the water, butter and the brown sugar and cook, stirring, until fragrant, 1-2 minutes.

TIP: Add a splash of water if the mixture looks dry!

Custom Recipe: If you've swapped to beef mince, cook beef in the same way as the pork.



Serve up

- Divide cheesy Louisiana pork and veggie quesadillas between plates.
- · Serve with garlic aioli. Enjoy!



Did we make your tastebuds happy?
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